

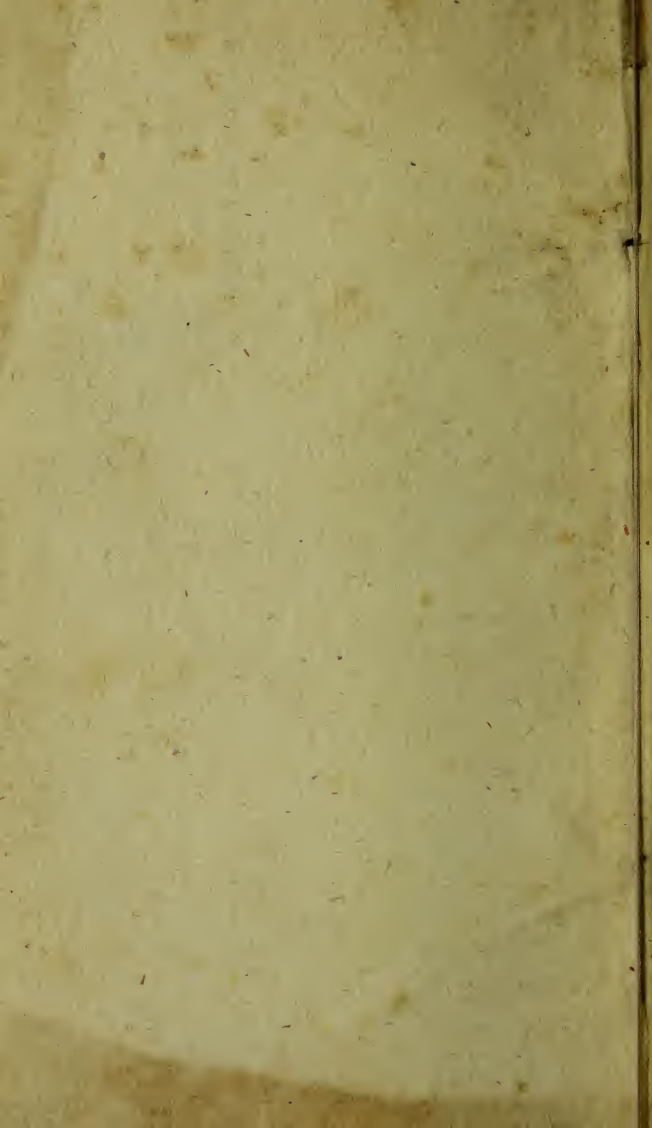
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Medical





THE NEW
DOMESTIC MEDICINE;

OR,

FAMILY PHYSICIAN:

ABRIDGED FROM

Dr. *B U C H A N*;

Also, enriched from the Notes of the late

Dr. *J O H N H U N T E R*,

And other eminent PHYSICIANS:

BEING A

DESCRIPTION OF DISEASES,

WITH THE

METHOD OF CURE,

OR THE

ART OF HEALING MADE EASY;

Adapted for the Use of FAMILIES.

L O N D O N:

Printed for W. LANE, Leadenhall-Street.



P R E F A C E.

IT has been acknowledged by the wisest Men in all Ages, that he who does most to serve his Fellow Creatures is the best Member of Society, and as such should be treated with every Mark of Respect. As Children of the same common Parent, we are less or more related to each other, and as Members of the same Commonwealth we should do every Thing in our Power to promote the Happiness of our Fellow Subjects in this Life, by removing the Causes, or eradicating the Effects of those Diseases to which many of them are Subject.

It was with this View that the present Work was undertaken, and particularly for the Use of those who have it not in their Power to employ Physicians, or who by the Nature of their Business may be removed too far from them.

The Causes and Symptoms of Diseases have been pointed out, so as to be under-

stood by any ordinary Reader; the Regimen proper for diseased Persons has been described, and proper Remedies have been recommended at the most moderate Expence, and most of them composed either of such Simples as can easily be purchased, or Medicines that can be procured at a small Expence. Upon the whole it is presumed that this Book will be found one of the most useful Family Companions ever yet offered to the Public, because every Thing recommended in it has been tried, and attended with very beneficial Consequences.

Technical Terms have been avoided, that it might be made plain to the meanest Capacities, and the greatest Care has been taken that nothing should be prescribed by which the Patient could be in the least injured.

C O N T E N T S.

C H A P. I.

Of Children, and the proper Means to be used in treating their various Disorders. Page 1

C H A P. II.

Of the Diseases to which the lower Classes of People are Subject, particularly Fevers. 30

C H A P. III.

Of burning Fevers. ————— 39

C H A P. IV.

Of putrid Fevers. ————— 44

C H A P. V.

Of malignant Fevers. ————— 49

C H A P. VI.

Of spotted Fevers. ————— 53

C H A P. VII.

Of the Pleurisy, and Inflammations in the Breast and Lungs. ————— 63

C H A P. VIII.

Of the Diseases to which studious and sedentary Persons are Subject. ————— 70

C H A P. XI.

Of Colds, and the most proper Remedies for them.

=====

=====

C H A P. XII.

Of the different Diseases of the Throat, and the proper Remedies ————— 109

C H A P. XIII.

Of the Diseases of the Teeth, and the proper Remedies. ————— 114

C H A P. XIV.

Of the Bite of a mad Dog and the usual Remedies.
————— 118

C H A P. XV.

Of Cholics, and their different Kinds, with an Account of the proper Remedies. 125

C H A P. XVI.

Of a Looseness, &c. ————— 131

C H A P. XVII.

Of the Jaundice, and the proper Method of treating it. ————— 137

C H A P. XVIII.

Of the Scurvy, &c. ————— 140

C H A P. XIX.

Of the Diseases peculiar to the Nerves. 146

C H A P. XX.

Of the Asthma, and the Apoplexy. — 162

C O N T E N T S. vii

C H A P. XXI.

Of the Gout, and Rheumatism. — 168

C H A P. XXII.

Of the Dropsy — — 178

C H A P. XXIII.

Of Costiveness, &c. — 184

C H A P. XXIV.

*Of Bleeding at the Nose, Spitting of Blood,
Bloody Urine, and Vomiting of Blood.* 190

C H A P. XXV.

Of the Gravel and Stone, &c. — 198

C H A P. XXVI.

Of Diseases of the Stomach, and the Bowels. 204

C H A P. XXVII.

Of the Disorders of the Senses. — 210

C H A P. XXVIII.

Of the Cancer. — 219

C H A P. XXIX.

*Of such Medicines as are generally taken to pre-
vent Diseases, or to allay the Fury of the Ma-
lady when the Symptoms make their first Ap-
pearance.* — 223

C H A P. XXX.

Of Inflammations in the Throat and Lungs. 232

C H A P. XXXI.

Of Disorders occasioned by the Heat of the Sun. 237

C H A P. XXXII.

Of the Disorders which require the Assistance of a Surgeon. ——— 242

C H A P. XXXIII.

Of Consumptions: ——— 256

C H A P. XXXIV.

Of different Sorts of Poisons ——— 266

C H A P. XXXV.

Directions concerning the proper Treatment of Persons apparently drowned ——— 271

C H A P. XXXVI.

Of Infection ——— 275

T H E
A R T
O F
HEALING MADE EASY, &c.

C H A P. I.

*Of CHILDREN, and the proper Means to be used
in treating their various Disorders.*

WE are brought into the world in such an helpless condition, that we become objects of compassion without being acquainted with our own deplorable circumstances. The duty incumbent upon parents to their children is what they owe the community in general, and the God of nature has implanted principles in our hearts to promote such salutary purposes ;

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and all the pains of child-bearing and the labour in bringing up our beloved offspring is forgotten while we act up to the dictates of reason. It is much to be lamented that many parents of both sexes never consider that children were given them for no other purpose than to be brought up useful numbers of society, and to that may be generally imputed all the afflictions they suffer while they are in a state of infancy. According to our bills of mortality one half of the persons who are entered in that melancholy list die before they are five years of age, and it is remarked in particular that most of those die of convulsions. That many of them die of convulsions there is not the least doubt, but then it should be enquired into from whence these convulsions flow; are they accidental, or are they not rather owing to some sort of mis-management? I believe the latter is too true to be denied; and therefore to prevent such misconduct for the future the following rules are offered. As soon as the child is born, and washed from those impurities which it contracted in the womb, about half an ounce of compound syrup of succory should be given it mixed with a little water, and the whole quantity should be administered at different times during the space of about six or seven hours. The child ought not to be suffered to suck the mother in a shorter space of time than twenty-four hours after the birth,

birth, because it requires so long to purge the body of every thing noxious, and make the milk a part of the child's nourishment. It often happens that when the child first sucks the milk, it becomes sour on the stomach, which brings on vomitings and convulsions, and these often terminate in death, while the nurses never attend to the causes which produce such fatal effects. In such cases oil of almonds has been much used, but very improperly, because it proves to be no more than a temporary remedy, after which the force of the disorder returns with greater fury than ever. In such cases it is best to give them a little of the oil of magnesia, because it keeps the belly open, which is of great service to children in their infant state.

During the first two or three months the child is most commonly subject to cholics, and in such cases it is most proper to dip a piece of flannel into the decoction of camomile flowers, and having added to it a little Venice treacle, let it be laid over the stomach and the belly. However to prevent these cholics there is nothing of so much service to the helpless infant as exercise, by which is meant the keeping them as long as possible in a state of activity, so as not to deprive them of their necessary rest, which cannot be dispensed with in that early season.

During the time that children are at the breast, they should be washed in cold water every morning; and although this will make them cry at first, yet in the end it will become familiar to them, and promote their health at the same time it invigorates their constitution; children should never be kept too hot, for although in some respects their tender constitutions require the utmost care, yet it is well known that they will bear more cold without suffering any injury than those in more advanced years.

The next thing to be attended to in nursing children is, the conduct of the mother in giving them suck. The mother ought never to stoop to them, but to take the child up to her breast, and sit upright while she holds it; for by that means the milk flows in a regular manner, and while the child receives nourishment, it also acquires strength, and assumes such a lively appearance as makes it amiable to all those that see it.

The breeding and cutting of the teeth often prove fatal to children, and at the same time is attended with the most violent pains. Under such circumstances if the child is weaned, its quantity of food should be lessened, and its drink encreased in proportion: their gums should be rubbed with honey intermixed with the juice of liquorice or mallow roots,
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and a small quantity of it should be given them to chew. This gives them so much ease that in general the teeth cut through the skin of the gums, without throwing them into convulsions—Worms is another of those disorders to which children soon become subject, and this is owing to their bodies not being purged from their impurities. Indeed many nurses believe children are afflicted with worms, without being able to assign any reason for such a supposition; for the symptoms are extremely various, and cannot be certainly known but by an evacuation either above or below.

But still there are some symptoms that ought to be attended to by every mother and every nurse. Children who are afflicted with worms are often subject to cholics, and violent pains in their stomachs, with vomiting, and costiveness in their bellies. Their bellies are enlarged, and their urine appears more white or pale than usual. To remedy this disorder, let an extract of walnuts of about two drachms be dissolved in a glass of cinnamon water, and when fifty drops a day has been given to a child of two or three years old, let a gentle purge be administered in order to take off the remaining particles of the impurities. To this it may be added, that if one ounce of black-tin is filed down and mixed with treacle, the child may take the whole at three different times, but

two days must intervene between each dose, and during that time purgative medicines must be administered. This is a remedy that has seldom ever failed, and probably never will, for the worms who lodge on the stomach swallow up the treacle and tin along with it. The tin, being of a corrosive nature, cuts their intestines, and they are evacuated by the stool, while the patient is restored to a perfect state of health. Great care should be taken by mothers and nurses to study the nature of those diseases to which children are often subject, and amongst these may be reckoned convulsions. In general, convulsions are the effect of some other disease; the cutting of the teeth, the worms, and bad milk, are among the causes that produce convulsions in children; but there are some other causes that ought to be attended to, such as humours on the stomach, occasioned for the most part by giving the child too great a mixture of food. Many mothers do not attend to the pernicious consequences that flow from such a practice, which may to some persons appear as of no more than a trifling nature. In cases of that sort, the following rules should be attended to. Let the child be suffered to suck no more for four or five days than is absolutely necessary to support it, or if it is weaned let it be fed on the lightest diet that can be procured, for by such means
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the putrid humours will be purged off. The drink given it should be of the same simple nature, and a few flowers of the lime tree would be of considerable advantage if infused into the liquor.

It is well known that there is as great a difference between children, as between those of more advanced years, but more particularly in convulsions; and such things should be carefully attended to by all those who have the care of children in their infancy. One thing contributes greatly towards promoting the health of children, and that is the giving them their victuals at stated regular times, nor should any more wine be given than what is necessary, for such a practice conducted with prudence and regularity lays the foundation of a good healthy constitution. It is true, that when children grow up to five or six years of age, they cannot be kept under the same restraint as when on the lap, but for all that, it will be no easy matter to make them forget that temperance which they have been so early brought up to.

The small-pox is a fatal disease among children, and what is worst of all, there is no time fixed for their having them. This violent disease generally gives notice of its approach three or four days before the child becomes feverish. The symptoms are dejection

of the spirits, much sweating, an aversion to proper nourishment, and a redness about the eyes. The fever, which is of an intermitting nature, lasts generally about four days, and the first appearance of the eruption is in the sweat, and most commonly in the face. If the disease is favourable, the fever generally returns in a gentle manner on the second or third day, and continues less or more till the eruption comes to the height.

When the eruption makes its first appearance, let the child if weaned be kept on as light food as possible, and the legs should be bathed with warm water night and morning. By these means the eruption on the face is lessened, and the principal parts of the matter thrown out upon the external parts of the body. It is likewise necessary to add glysters, which contribute towards allaying the pain of the head-ach, and if the fever is a moderate one, a single glyster will be sufficient.

If the child is very young it should drink nothing but milk and water, in which should be infused a little balm tea. It may be proper at the same time to give children roasted apples, and if hungry a little bread, but they must not be permitted to eat any meat, nor broth made of it. Whey is also very good and may be given them with safety, nor should they be denied the benefit of a moderate degree of fresh

fresh air. When the scabs begin to become dry, the children should be immediately purged, and the following prescription should be repeated six days successively, because it will take off all the impurities that would otherwise settle on the lungs. Warm four ounces of clear spring water, and infuse into it two ounces of manna, and half an ounce of Sedlitz-salt, let them be properly stirred and mixed together, and given every day as above mentioned: the use of this medicine is established by the practice of the greatest physicians in Europe.

No flesh meat should be allowed them till after the second purge, and this is mentioned on the supposition that the child is grown up so as to be able to eat meat, for such children as are seized with the small pox, while they are sucking at the breast are not subject to so much danger. A moderate quantity of bread with boiled milk and garden vegetables are very proper to be given, but care must be taken not to give them too much. It must be observed in this place, that what is here said concerning the small-pox, relates to those only who are seized with that malady while they are children; for the proper methods of treating those who have them in more advanced years will be spoken of afterwards.

The next thing to be considered is Inoculation, an art known to the people in the eastern parts of Asia many years ago, but neglected in Europe till very lately in consequence of vulgar prejudices. It was the wretched notion of the generality of persons, who had never properly considered the nature of things, that to inoculate a child for the small-pox was such a presumption that it bordered upon blasphemy. They did not consider, that all such methods as can be properly used for the preservation of health, ought to be received by the community with thankfulness, and the persons who introduce them into the country should be honoured as the best friends to society. It is much to be lamented, that the poorer sorts of people cannot get their children inoculated without putting them to an expence they are not always able to bear. This joined to their natural prejudices, induces them to turn every thing into superstition, and thus in consequence of neglecting the use of one of the most valuable arts, many of our fellow creatures have lost their lives.

When a child is to be inoculated, the body must be properly prepared, and that must be done in the first instance by abridging them of their daily allowance of food, but this must be gradual and not sudden. Milk and vegetables

bles are most proper to be given them, and such bread as they eat should be well baked.

As in the first symptoms of the small-pox, so previous to inoculation the legs should be bathed with warm water just before they are put to bed. Whey should be given them to drink, and if a little of the juice of sage or balm is infused, it will be much better; for by such a practice and regimen the vessels are opened and cleansed, and the disease seldom rages with so much rapidity as when such means are neglected. Urine and stools are promoted by it together with perspiration, and it communicates the most favourable disposition to the whole body.

It is certain, that if people in general who have the care of infants will attend to these rules, they may get their children inoculated by any common apothecary at a very small expence; and in consequence of attending to that practice many lives would be saved. In all cases of inoculation, care must be had to let the child have free air and gentle exercise previous to the eruption; otherwise it may prove as fatal to it as if it had them in the natural way.

The measles is generally considered as next to the small pox, and is of a very sickly nature, as appears from the vast numbers of children that die of it. It has been often ob-

served, that the measles and small pox rage at the same time, but for the most part they become epidemical at different seasons. The symptoms of this disease are very gradual, and generally begin with a dry cough without any other sensible complaint, but much more commonly by a heaviness inclining to sleep. Sometimes the child is seized with a pain in the throat, a swelling in the eyelids, which makes the light disagreeable, and there is commonly a great number of drops fall from the nose. As soon as the fever begins, it encreases with great rapidity, and the child is afflicted with continual vomiting, and the most violent pains in the limbs. Sometimes a looseness happens, and the tongue appears white, and about the end of the third, fourth, or fifth day, a sudden eruption begins to appear, especially on the nose, which is soon after covered with spots resembling flea-bites, but all of them are raised somewhat above the skin, as appears by the touch, but in other parts of the body their rising is scarce perceptible.

The eruption is generally greatest on the breast and the back, and from thence it extends itself to the legs and thighs. If it is not of a malignant nature, the symptoms begin to disappear soon after the eruption; but for all that the change that takes place either for better or worse is not so easily distinguished as in the small-

small-pox. If the disease is mild, no traces of the eruption are to be seen on the ninth day, but if otherwise it continues to the eleventh day, after which the skin resumes its former appearance.

The method of treating the patient after the eruption is gone, is much the same as that of the small-pox, for the legs must be bathed, and the following medicine must be administered. Take one pint of spring water, of which a little at a time must be poured upon three ounces of sweet almonds, and one ounce of melon seed, both ground small in a mortar. Let this be strained through a linen cloth, and then bruise what remains, adding to it in the same manner another pint of water. A third pint being added, one ounce of sugar may be mixed, and the whole being strained off as before, it will make a most agreeable drink, which must be taken from time to time. It has proved fatal to many children, that those who had the care of them did not attend to the dregs and relics of the disorder, which are apt to settle on the lungs, and in such cases a purge should be administered as in the small-pox, and milk and water given the child to drink, taking care to exercise it as much as possible, because that keeps the body in a proper state of activity. It often happens after the measles are gone, that there remains a
strong

strong dry cough, with violent hot pains in the breast, and an excessive longing for drink. In such cases warm milk mixed with water is the best drink that can be given, and if a basin of warm water is held to the mouth of the child so that it breaths in the vapours, it will be of considerable service. That the measles may be communicated by inoculation is certainly true, for several experiments have been tried, and in general they have been attended with the same success as the small-pox; but however beneficial such a practice might be to the community, yet it has never received proper encouragement.

There is so much depends on the proper nursing of children, that it may be asked to whom should such an important charge be committed? The answer is obvious, for truly nothing can be more proper than to follow the order of divine providence, and that is, for every mother to nurse her own child, except where there is an utter incapacity, or an evident impossibility. By impossibility is meant either the death of the mother, which sometimes happens, or such a complication of disorders as would occasion her death as well as that of the child were she to give it suck. By incapacity is meant, that although the mother might give suck to her child, she would communicate something to it that might weaken
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and endanger its health, and supposing it should live to years of maturity, would carry the seeds of those disorders along with it, and communicate them to the unborn.

It is certain that many persons of both sexes enter into the marriage state, while they are labouring under such diseases which they must unavoidably communicate to their innocent offspring, and by such an imprudent conduct the foundation is laid for a miserable life in this world. There is no doubt but it is in a great measure owing to this, that so many children die in their infancy, and therefore it would be well for the community, if those who find themselves labouring under bodily infirmities, would refrain from entering into the marriage state. It is certain, that with respect to such institutions as tended towards preserving health, the law of Moses exceeded those of all nations whatever, for under that dispensation no person was suffered to marry, who laboured under the effects of any infectious disease.

But as human passions cannot be restrained by the best laws in the world, and as diseased persons will marry as well as those who are in a proper state of health, so all that can be said is, such mothers should exert themselves in a more than ordinary manner in attending to the nursing of their children. In such cases, it is the incumbent duty of the mother to prepare a
 healthy

healthy nurse for the child, whose milk is not above four months old, but if younger it will be better. The nurse thus procured should live in the most regular manner, and it is the duty of the mother to take care that she do not suffer her to visit company, lest she may in such cases indulge herself in drinking to excess, which in the end must prove hurtful to the child.

Another thing to be attended to in nursing children is, the manner in which they are to be cloathed, and however necessary this is, yet experience shews that it has been too much neglected. In former times when people enjoyed more health than they do at present, no other cloaths were used than such as were necessary, nor were children whose bodies are tender confined up in stays, as is at present too much the practice in many parts of Europe. Nothing can be more dangerous to a child than to keep it pressed up, and burdened down with such a load of cloaths, as serves for no other purpose than to prevent perspiration; and to this is owing that we daily see so many deformed children, who would not have been so had their nurses suffered them to be dressed in such a manner as the order of nature requires. We seldom hear of deformed persons in such uncivilized nations as have been discovered of late years, and the reason is the children have no other cloathing
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than is necessary to screen them from the cold; by which means they soon acquire strength, and are in a manner able to provide for themselves soon after they can run about the fields. It is true, such practices cannot in every instance take place amongst us, who look upon ourselves as a civilized people, but still it might do so in some measure, were means only properly used.

It is the mistaken notion of many persons, that stays prevent deformity in children, and yet if we may judge from experience the sacred test of truth, there is nothing that can prove more hurtful. The whole frame of an infant is young, tender, and growing, and every sort of confinement must disappoint the order of nature, and in the end occasion that evil it was designed to prevent. It signifies very little whether the cloaths worn by a child are coarse or fine, the whole depends on their being clean, and where water can be procured, no person can be excused who does not attend to cleanliness. By keeping the cloaths and the body clean, the health of the child is promoted, because by perspiration all the putrid humours are extracted, and many disorders prevented: on the other hand, if the child is not kept clean, it will become sickly and weak, and the foundation of such diseases will be laid as perhaps may never be eradicated. As nature

ture designed the mother or nurses milk for the use of the child, so as if strong and healthy it is very unnecessary to give it any other sustenance till it is about three months old ; but if it is weakly, then it may be necessary once or twice in the day to give it a little water pap, or such other simple nourishment ; and the same may be given to healthy children after they are four months old, beginning with a little at first and encreasing it gradually from time to time.

There is nothing so good for children as bread let it be taken in any manner whatever, and it would be well if a little bit of it was put into their hands while they are cutting their teeth. In that case, it is natural for them to put every thing into their mouth, to allay the aching of the gums, and a bit of bread would at the same time give them ease and nourishment. When children are about eight or nine months old, they should be fed with bread boiled in water, which after taken out should have some milk poured upon it, but no flesh meat should be given them till they are able to chew it, and even then it should be given in a very moderate quantity, nor should this ever take place till after they are weaned. In all cases, when they grow up to run alone, animal and vegetable food should be equally mixed together, but still ought to be given in the most sparing manner. It is necessary at the same time, that none of their food
should

should be sweetened, because that leads them to eat more than enough, whereas were they to feed on such things as are simple, they would soon be satisfied without injuring their constitutions.

One principal thing to be attended to in nursing children, is to avoid all extremes, for too little is as bad as too much ; no child should be suffered to eat in the night, and small quantities frequently given are generally attended with the most beneficial consequences.

Children should not on any occasion whatever be permitted the use of strong liquors, for such will always prove hurtful to them. In some cases, a little wine-whey may be given them, but that ought to be done as seldom as possible. There is nothing more common than to give butter to children, but that practice proves extremely hurtful, and unripe fruit is still more pernicious ; butter fills the body with gross humours, and unripe fruits create a sourness on the stomach.

Children should not be brought up in an indolent manner, but from their most early infancy inured to exercise. Thus, before they can walk they should be carried about in the mother or nurses arms, and when they begin to walk they should be led about the fields, and such things pointed out to them as may serve to afford them entertainment. Leading
strings

strings ought not to be used except in cases of necessity, nor should children be tossed about by swinging in machines, which have become too common. There can be no danger in suffering a child to walk as soon as it is able, but let it be gradual, and not sudden, for all sudden transitions from one extreme to another is dangerous. Some nurses are afraid of letting them run by themselves too soon, but this is a vulgar error, for although their limbs are not strong, yet their bodies are light in proportion, and like the more uncivilized part of the world, they would acquire a considerable share of strength by exercise.

It is much to be lamented by every person of humanity, that the poverty of the lower classes of people, induces them to pay too little regard to the nursing of their children in a proper manner; for the mothers in order to attend to some sort of work, suffer them to sit on the floor, while they should be inured to exercise. This practice however, is attended with fatal consequences to the child, while the mother screens her conduct under the common excuse that she had no time to attend it. Poverty indeed is of so affecting a nature, that it ought to be spoken of with great caution; and happy would it be for the children of the poor, were some public spirited persons to join in an association

ciation to countenance those who exercised the most care in bringing up their children.

In populous cities and towns a great evil prevails with respect to children, and that is, the sending them too young to school ; for although it is acknowledged that they can learn nothing at that tender age, yet the common excuse is that it keeps them out of the way of harm. The remedy, however, is much worse than the disease, for although while they are at school they may be prevented from meeting with accidents, yet the want of exercise in a proper manner enervates their tender frames, and weakens their constitutions ever after.

To this practice may be ascribed that effeminacy of manners that takes place among our youth in general, and renders them less acceptable when they come to act on the theatre of public life. When children are sent to boarding schools, whether they are girls or boys, they should be constantly from time to time accustomed to exercise, and not confined in their rooms as if they were prisoners. The boys should have a proper place to exercise their ingenuity and dexterity at some sort of manly play, and the girls should, at least every day while the weather will permit, walk out in the fields, attended by their proper governesses. In all schools where children are brought up, great care should be had that the
situation

situation is healthy and pleasant, for it often happens that that which gives pleasure to the senses, serves to invigorate the whole constitution; and the rooms in which they lay should not have too many beds crowded together, nor the apartments be too small. Much has been said by the most learned writers, concerning the time when children should be weaned, but nothing certain can be advanced on the subject, because it depends on a variety of circumstances, which naturally take place in the ordinary course of human life. Some children are fit to be weaned very young, while others require a much longer time at the breast. If the child is strong and robust it may be safely weaned at the age of six months, and sooner if the health of the mother is impaired; but if it is weakly, it will be proper to suckle it double that time; only that care must be taken to accustom it to the use of food as soon as possible. It is of great advantage to children who are to be inoculated, to have that operation performed before they are weaned, because they will suck the breast while they refuse all other sorts of nourishments.

To what has been already said concerning children, there are some things to be taken notice of, relating to particular diseases, which sometimes take place when the child is at the breast,

breast, and sometimes after it is weaned; vomiting is what children are very much subject to, but seldom attended with much danger, unless they are of a long continuance. This is the effect of giving the child too much suck, or if weaned too much food, both of which are equally dangerous. The best remedy in such cases, is to cause the child to drink water milk warm, with an infusion of camomile flowers, to make it the more palatable. When the vomiting has once subsided, in consequence of the stomach's being properly cleansed, the child, if weaned, should have more simple food given it than before, and if at the breast it should not be allowed the same quantity of milk as usual. By keeping it under a proper regimen in this manner, the health of the child will be restored, and it will be enabled to eat its food, and digest it in a proper manner, so as to promote the nourishment of the body.

Looseness is another disorder to which children are much subject, and sometimes it is of great service to them, but when it continues so long as to weaken the body, the best method that can be used is to purge off the offending matter. A little Rhenish wine, diluted with water may be given with great safety, and the weaker it is the better, nor in most cases is any more than one dose necessary. But
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if the looseness continues, then the medicine must be repeated every six hours, till the stools begin to assume such a natural appearance, as if the child had never been afflicted. It often happens that gripeings remain in the bowels after the matter has been purged off, and in such cases it is necessary to give the child a teaspoonful of the syrup of poppies, mixed with a little cinnamon water, which must be repeated twice every day till all the symptoms have subsided.

While children are at the breast they are often subject to eruptions on the skin, and in general these conduce towards promoting their health, because they keep the body open and help to purge off all the impurities. The neglect of keeping children clean, and giving them improper food, are the causes that promote these disorders, and unless they break out on their skin they must remain in the body, and occasion a vast number of disorders. In all cases where eruptions are occasioned by unwholesome food, or the want of cleanliness, nothing will contribute sooner to remove the disorder, than the keeping the child clean, and giving it such food as is consistent with the nature of its constitution. But if that is not the case, then let the nurse or mother rub the child with a little of the flour of sulphur, mixed with fresh butter or hogs lard,

lard, which must be applied to the parts affected. Scabby-heads, is another disease to which many children are often subject. In that case, the head should be kept extremely clean, and when the hair is cut off, the scabs should be gently rubbed away. In some cases, especially if the child is weak, let the head be shaved and washed with warm water, or soap suds, but if any of the flesh is livid, let a little burnt alum be applied to it, and let the patient be confined to the most regular sort of diet, which will keep the body in proper order, and assist the medicines to perform their operations.

Chilblains, is a disease to which children are subject more commonly in the winter, than during any other season, and some are afflicted with them long after they have been sent to school. This disease is occasioned by a sudden motion from cold to heat, and although nothing is more natural, yet nothing is more pernicious. Nothing is more common than for children to run into the fields, or streets, during the severity of the winter, and although they do not mind the cold during the time of their play, yet as soon as that is over, and they are tired, they return home, and instead of making use of proper exercise as they ought, to bring their bodies into a temperate frame, they sit down by the fire, which obstructs the proper circulation

of the fluids, and from these causes this disorder arises.

When the first symptoms begin to appear, the best method is to rub the parts affected with mustard and brandy, or any thing else of a warm and heating nature. It is usual likewise to hold the feet or legs as long over the fire as they are able to bear the violence of the heat, and great care should be taken that the parts affected are not rubbed by the hand. Chilbains are always attended with strong itchings, and therefore it would be well to put some warm ashes between two cloths, and apply them to the feet, when the swelling begins to appear. It is true, the disease generally subsides as soon as the humour approaches, but by attending to the methods already practised, much ease will be given to the person afflicted.

When children have the misfortune to be born of diseased mothers, they are not only subject to many weaknesses in general, but at the same time it often happens, when they begin to walk, that their joints become stiff and rickety, which too commonly ends in lameness. This disease although springing from parents, yet might be in a great measure cured, were children properly attended by those who have the care of nursing them, but the symptoms must first be attended to.

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When the rickets first begin to take place, the head and belly appear too large in proportion to the rest of the body, the flesh grows soft and flabby, and an universal deadness seizes the whole frame. When it has continued to increase for some time, the joints become stiff, and the bones in the legs and arms crooked.

When a child is seized with the rickets, great care should be taken of it, for by proper means the violence of the disorder may be in some measure eradicated, but that will never take place unless a proper regimen is observed. The most wholesome nourishment should be given, and exercise should be used in proportion; if the season is cold, the child should be kept warm, and if hot, it should be kept so cool as to give it a proper opportunity to breathe and enjoy the fresh air. The limbs should be rubbed with the hand from time to time, and every method should be used to keep the child in a chearful humour. If the child is two or three years of age it may be proper to give it a small quantity of flesh meat, particularly veal, and the best bread that can be provided; but if it is too young for such food, then let it have pearl barley boiled with raisins, and let its drink be claret wine, mixed with the same quantity of water, though in other cases, where such things cannot be procured, a little mild ale will answer the same end.

To prevent the ricketts, free air is absolutely necessary, and therefore when children are sent to nurse, they should not be confined up in private close rooms, but their parents should take care that they are carried out as often as the weather will permit. If children are suffered to sit, without being properly exercised, they must contract ricketty joints, although the seeds of that disorder was not communicated to them by their parents. To prevent which, they should always be kept in motion, except when they are asleep; for without proper exercise no child will ever acquire strength.

It is acknowledged by the best physicians, that there are but few medicines that can be administered to children, in order to prevent or cure the rickets; for the nurse, if she acts consistent with the nature of her duty, will render them all unnecessary. But still on some occasions, they may be of service, and therefore the first, and in most cases that which proves effectual, is the cold bath, but it must be used with much prudence, and the utmost circumspection. The cold bath should always be used in the warm seasons, and it is attended with the most healthful consequences in the mornings. When they come out of the water they should be rubbed with a warm dry cloth, and if they seem to become weakly, then the use of the bath should be discontinued. Sometimes rhu-
barb

barb has been given, but that is seldom necessary unless the body is affected with very gross humours. The peruvian bark is sometimes used when the humours are gross, but as children can seldom be prevailed upon to take it, issues have been made use of, and they have often proved very beneficial.

The last thing to be taken notice of with respect to children, is what is commonly called water in the head, but which is no more than a dropsy in the brain. It is most commonly occasioned by falls, in consequence of the carelessness of nurses, but in some cases it proceeds from a weakness of the vessels.

When the child is first affected with it, it has all the appearance of a slow fever, and light becomes in a manner intolerable. The stomach is seized with vomiting, in consequence of a most violent sickness, and frequently a delirium takes place, by which the patient sees things multiplied to an immense number. He is at the same time seized with a sort of stupidity, which makes him forget every one around him, and often while the severity of the fever remains, speaks the most incoherent nonsense.

As this is a disorder which generally affects children, consequently remedies for the cure of it have never yet been properly pointed out. Some indeed have been tried, and great success has attended them, which may perhaps,

in some measure, warrant the use of them on any future occasion. Let the child be properly purged with rhubarb, and a little jalap, having some camomile flowers infused, and let some of the powder of assarum with helebore root, be held to the nose. Upon the whole, as these disorders are in some sense less, or more peculiar to children in general, so they ought to be attended to with the utmost care, and the remedies above prescribed will answer all those salutary ends, and preserve the lives of many of our fellow creatures, whose tender years render them objects of compassion.



C H A P. II.

Of the Diseases to which the lower classes of People are subject to, particularly Fevers.

THE working people in all nations are the most numerous, and indeed the most useful, for it is by their labour that kingdoms are supported. It is therefore the duty of every one to point out the best means for the preservation

vation of their health, and proper remedies for the cure of such diseases as they may happen to labour under. We shall therefore begin with the causes which produce such diseases, for when those are once known many evils may be avoided.

The first cause is the neglect of keeping the body clean, but this can only be remedied by removing the cause, for in vain are medicines given to those who will not use water, the gift of God, to wash themselves from impurities.

The second cause is bad food, which poor people are obliged to eat, because they cannot procure any other; such food corrupts the body, while it sinks the spirits, and often occasions consumptions. When a person finds that he has eaten bad food, he should take care to refrain from any of the same sort for a few weeks, and in the mean time make as much use of broth as possible, with a little good bread mixed in it, and that will, in a great measure, restore him to his former state of health.

A third cause of diseases among the poor, is excessive labour, and in many cases it cannot be avoided; but that which injures them is drinking too freely of water, beer, or such other cold liquors, while they are hot. By this many have lost their lives, and therefore when a person finds himself overheated with excessive la-

bour, he should drink gently of whey, or a little milk and water, mixed with about half a wine glass of vinegar. It is the same with those who have overheated themselves by walking, for no person should drink cold water while he is hot, unless proper care has been taken to put into it a sufficient quantity of good brandy, or some other warm nourishing liquor.

The fourth cause of diseases among the poor is their laying down on the grass to sleep, while they are hot. This practice is too common during the summer season, and it has produced many violent disorders; such as quinsies, pleurifies, and inflammations in the breast. When a person has been so imprudent as to bring upon himself any of these disorders, he should be bled as soon as the first symptoms appear, his legs should be bathed in warm water, and then drink the following, which must be carefully prepared. Take as many elder flowers as a person can hold between the thumb and fingers, add to them a wine glass full of vinegar, with two ounces of honey; put them into a large earthen dish, and pour upon them four pints of boiling water, let it be stirred about till the honey is dissolved, then cover it up till it is cold, when the liquor must be strained through a linen cloth, and two or three glasses of it drank every day while the symptoms remain.

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The last cause necessary to be mentioned, as producing diseases, is not confined to working people alone, for it affects all ranks, from the highest to the lowest, owing to the sudden changes of the weather: thus it often happens that a very warm forenoon, is followed by a cold wet afternoon, so that those who have occasion to be in the fields, are bathed in cold water, while they are in the height of a sweat. It should therefore be the care of every traveller to shift his cloaths as soon as he comes to an inn; and the same should be done by every person who is wet with rain. Many other causes might be added, such as drunkenness, and every species of debauchery; but the best advice that can be given in such cases, is to refrain from vice, for virtue and health go generally hand in hand together.

In most diseases to which people are commonly subject, some symptoms appear a few days before, especially in fevers; and therefore the severity of the disease, may be often relaxed, and sometimes prevented by attending to the following rules, which have been all found useful by repeated experience.

First let the patient refrain from all sorts of flesh, or broth made of flesh, nor must he drink wine, or any hot liquors. Secondly, it is absolutely necessary that he should refrain from all sorts of violent labour, but not to re-

main inactive ; for he must use a little gentle exercise to keep the body in motion, it being found on experience that all extremes are hurtful, and therefore as it would injure the patient to work hard, so the same evil effects would flow from inactivity and indolence.

It is sometimes necessary to give the patient a glyster according to the following directions. Pour a pint of boiling water upon something less than a handful of mash-mallow leaves, or if they cannot be had, the same quantity of sage will do equally as well. Let one ounce of honey be added, and the liquor strained through a cloth, and put into a bag. If it has no effect on the patient, then let a little warm water be used without any mixture. The drink proper to be given to the patient, should be water in which barley has been boiled, of which there must be five pints to two ounces, with a wine glass of vinegar ; and if vinegar cannot be had, then a little salt may be used ; about an ounce of honey may be dissolved in it, and the patient must drink a tea cup full every half hour.

With respect to fevers, they are many in number, sometimes producing other diseases, and sometimes produced by them ; one to which many persons are subject, is the ague, which may with the greatest propriety be called an intermitting fever. In all cases it proceeds from dampness

dampness of the air, or wet cloaths, living too near watery grounds, laying on damp beds, or being too much exposed to the rain.

The approach of the ague is known by the person being seized with a lowness of spirits, an inclination to sleep, and a certain weariness in the limbs. After this the person is seized with tremblings, which continue less or more according to the violence of the disease, and when the fit is over a prodigious sweat issues from the body.

Agues are most common in the spring and autumn, but they are the same in their nature, though they often differ in a variety of circumstances, according to changes of the seasons. Most commonly the fit returns every other day, sometimes once in three days, and sometimes in four, and there have been some instances of it once in five days. For the most part, agues are not mortal, but it often happens that if they are not treated in a proper manner, they bring on consumptions. Those that return once in four days, called quartan agues, are of all others the most obstinate to cure, for sometimes a person will be afflicted with them a whole year, and if he lives in marshy grounds, a relapse frequently takes place.

In the spring season a person afflicted with the ague, should not use any medicines till after the sixth or seventh fit, for sometimes it goes off

by the force of nature in that time, whereas medicines given too soon, would encrease rather than abate its violence. When the ague extends beyond the sixth or seventh fit, let one ounce of the Jesuits bark be divided into sixteen equal parts, and each part must be a dose, which may be taken in a glass of red wine, camomile tea, or water gruel. If the ague returns every other day, one of these doses should be taken every two hours. When it returns on the third day, let him take the dose every three hours, and both must be taken during the interval of the fit. It is not always necessary that the same quantity should be given, for if the person is young, less will be sufficient, and those who cannot take all the dose at once, may divide it into two equal parts, taking one each hour. The patient should not think himself too soon out of danger, but should continue to take the bark even after he has some hopes that the disease has left him. But above all let him take care not to walk out in wet cold weather, especially when he thinks the ague is going off, otherwise he has great reason to fear a relapse.

When the fit returns but once in four days, one ounce and an half of the bark should be taken, divided into sixteen equal parts as before, and taken in the same manner, for no smaller dose will be of
any

any service. It has often happened, that by giving too small doses of this bark, it has lost all its effects, and made ignorant people despise it, although the inefficacy was wholly owing to their not using it in a proper manner. If children are afflicted with the ague, which often happens, and as the bark is too nauseous for them to take, a little of it may be given them in a glyster with the greatest safety. When the fit is so violent that it causes a pain in the head, and there is a cough, let the patient drink plentifully of barley water, in which may be put one quarter of an ounce of cream of tartar; but if the violence still continues he must be bled, which is often of great service. If he is afflicted with a pain in the loins, or in the nerves, and has had little rest in the night, then let him add of jalop, of senna, and cream of tartar, each thirty grains finely powdered and properly mixed.

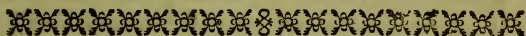
It is very common for the patient afflicted with the ague in autumn, to have at the same time a putrid fever, and then he should drink plentifully of barley-water, mixed with a little cream of tartar, but still he must not neglect to continue drinking plentifully of barley-water, and a little infusion of the bark. After the patient has begun with the bark, he must not take any purging medicines, lest they should occasion a return of the fever; nor is bleeding
often

often necessary, especially in quartan, or four days agues, which are more common in autumn than in any other season. As the fit commonly returns at stated times, the patient should two hours before he expects its coming drink a glass of elder flower tea, sweetened with honey, and walk moderately about the room. He should repeat the draught every quarter of an hour, because that procures a mild easy sweat, and makes the fit much more gentle than it would otherwise be. It is necessary that he should continue the same drink during the cold fit, as well as when the hot one approaches. When the sweat is over, the patient should be wiped dry with a warm linen cloth, after which he may drink a little water gruel, and, unless too weak, he may walk about the room.

There are some sorts of agues called malignant, because every fit is attended with the most violent symptoms, for the patient frequently falls into fits, and although he has a strong inclination to go to stool and to urine, yet he cannot effect either. This is the most violent sort of the ague, and because it often proves mortal not an hour must be lost, and the first thing to be done is to give the patient thirty-five grains of ipecacuanna, which may be augmented to forty-five grains if the patient is of a strong constitution. This last mentioned ague is often attended with many other dis-

disorders, which likewise return at stated times, such as violent vomitings, and sometimes ineffectual reachings to vomit, most excessive pains in the head, and a continual trickling of tears.

These violent agues are most common in such places where the houses are built on marshy ground, and therefore in order to prevent them, the inhabitants should frequently, especially in rainy weather, burn aromatic herbs in their houses. It is also necessary, that they chew every day a considerable number of juicy berries, and drink liquor into which they have been infused. If these rules are attended to, agues may be many times prevented, and when that becomes impossible, much ease may be given to the patient, and the disorder removed much sooner than otherwise it would, by the use of the above remedies.



C H A P. III.

Of burning Fevers.

THE burning or ardent fever is often the consequence of many others of a milder nature, and as it is often attended with fatal effects,

effects, so it ought to be treated with the utmost care and prudence. The causes by which it is produced are thickness of the blood, which flows from excess either in eating, drinking, exercise, or labour. Its symptoms are hardness of the pulse; an excessive thirst; a violent head-ach; dryness of the eyes, nostrils, lips, and tongue, and most hideously raving, as if the patient was in a state of madness. The urine is always high coloured, and the patient is extremely costive. They frequently start up in bed, especially when they seem to be asleep, for what appears to be sleep is no more than a sort of drowsiness, by which they are in a manner insensible of every thing that happens about them, or even of their own condition. They have little or no smell, and their skins are generally dry. As soon as these symptoms appear, the patient should be strictly attended to, nor should food be given him above twice in the day, although in some cases it may be proper not to give him any food at all, especially where the attack is extremely violent. In other cases it sometimes happens that the patient will not take any nourishment besides drink; but, although that may reduce him to a great degree of weakness, yet it is generally of much service in the end.

The first thing to be done is to bleed the patient, and it should be repeated till the hardness

ness of the pulse is sensibly abated ; but if the pulse is softened with the first bleeding, it will be needless to repeat it until the hardness returns and danger is expected. It is also necessary to give a glyster, composed of mash-mallows, or spinnage mixed with honey infused and dissolved in boiling water, which must be strained through a linen cloth, but it must not be given to the patient too warm. The patients legs must be bathed with warm water twice every day, and they must be rubbed dry with a piece of flannel.

If it should happen that the fever rages after the repeated bleedings, then the following must be given. Take six ounces of syrup of violets, and add to it one ounce of spirit of sulphur ; let the whole be dissolved in barley-water, which will make a most excellent drink. If the patient is so poor that he cannot purchase all the ingredients, then he may take the barley-water alone, which in many cases will prove effectual. If he bleeds at the nose it is a very favourable circumstance, and adds greatly to his ease while at the same time it promotes his recovery.

The symptoms of amendment are as visible and as plain as those that indicate its approach. The pain in the head generally begins to abate, the pulse becomes soft and regular, the urine assumes a more natural colour, and these signs
continue

continue in general to encrease from the ninth to the fourteenth day. The nostrils at the same time become moist, and the hard crust that loosened the tongue becomes soft, and peels off itself. The thirst gradually diminishes, the drowsiness goes off, and the patient begins to recover the use of his intellectual faculties. When this is the state of the patient he should take the following composition — let one pint of water be boiled a little more than milk-warm and infuse into it half a drachm of nitre, with an ounce of the pulp of tamarinds, with two ounces of manna, and when dissolved let the liquor be strained off and drank warm. The same medicine should be repeated at the end of eight days, and it is for the most part attended with the most salutary effects. It is necessary in all cases, where a person is afflicted with this disease, that some one should constantly attend him, nor should the nurse go out of the room without leaving another in her stead.

With respect to the augmentation of the disease, after all the medicines already mentioned have proved ineffectual, it will be known by the following symptoms. The pulse becomes more hard than before, while it continues to abate in its strength; the brain becomes more confused, and the patient raves more than ever; the breathing becomes more
difficult;

difficult ; the nose, lips, and tongue more dry, and the voice more altered. When all these symptoms take place, they are generally accompanied with several others, particularly a swelling in the belly, a diminution of the quantity of urine, wild rolls of the eyes, a constant raving, and in such cases the patient seldom lives long. The violence of the disease causes the patient to keep his hands continually in motion, as if feeling for something on the bed cloaths, and their strength gradually decays, although they will sometimes make the most vigorous efforts, as if they were attempting to discharge themselves from something. To prevent the efforts of this fatal malady, nothing can be better than to attend to the rules already laid down when the first symptoms appear, but still it must be observed that nothing will so effectually prevent it as regularity of living ; for as it proceeds from grosser humours in the blood, so nothing can more effectually keep the body in health, than a continual life of moderation, and such exercises as are necessary.

C H A P. IV.

Of Putrid Fevers.

THIS disease proceeds from putrid humours in the stomach, the guts, and the lower parts of the belly, from whence they communicate themselves to the blood, and so on through the whole mass of the body.

The symptoms of this disease are in some respects like those of many other fevers, but in some particulars there is always a little difference. It begins with a dejection of the spirits, and a strong inclination to sleep, which commonly amounts to no more than a drowsiness. The loins and knees are much affected with violent pains, and the mouth is extremely foul in the morning. The patient often starts up in his sleep, and his appetite for eating forsakes him. These are the first symptoms, and they are generally followed by a shivering, accompanied with a certain dryness all over the body. The pulse rises high, but it is not attended with the same hardness as in the burning fever already mentioned, unless there is an inflammation at the same time. During the time that these symptoms make their appearance,

ance, the patient is generally afflicted with vomiting, and a bitterness in the mouth, and sometimes this will continue during the whole of the night, but its force is generally in some measure abated in the morning. The tongue appears as if furred, and the breath is so disagreeable that a person can scarce bear to sit near the patient. Most patients are costive, and if they happen to have stools they are such as seldom give them any relief. When all these symptoms are found in the same patient at one time, the fever will continue to encrease, and it often proves too strong for the remedies applied. In such cases, the belly of the patient begins to swell, and becomes extremely hard. He is seized with a delirium, and raves in such a manner that he becomes insensible of every thing and every person around him. He keeps continually talking, or muttering, as if he was speaking to some person, and his excrements come from him without his knowing any thing of them. He lays on his back, and is continually exercising his hands, as if he was seeking for something, while his body sinks more and more towards the feet of the bed. He sweats much, and his anguish seems inexpressible. This is the most violent stage of the distemper, and it is generally attended with death when every thing appears as in the manner here described. But
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when this fever is treated judiciously in its first appearance, these consequences seldom happen, and many persons are restored to a proper state of health.

At first his common drink should be lemonade, or the juice of lemons mixed with sugar and water, and great care should be taken that he eats nothing but the most plain and simple victuals. If there is an inflammation, which may be discovered by the hardness of the pulse, he should be bled once, and even a second time if it shall appear necessary. However, it often happens that there is no inflammation, and in such cases the patient must not be bled, otherwise it will prove hurtful to him, and may bring on all the fatal consequences above mentioned, for no evil is so great as that of neglecting to attend to the state in which the patient is.

Where there is no apprehension of an inflammation, let thirty-six grains of tartar emetic be given him, dissolved in a pint and a half of water, and let a common wine glass of it be drank every half quarter of an hour. This medicine for the most part occasions vomiting; but if the patient vomit plentifully at the first dose, then there will be no necessity for repeating it. It is necessary, however, that he should drink a considerable quantity of warm water, in order to bring off the impurities from the stomach,

stomach, and if the first dose does not make him vomit, it must be repeated. It is often extremely difficult to persuade people to take vomits, and when that happens they may take thirty-five grains of ipecacunna, but the former is much more preferable. But none of these medicines should be given to the patient while the fever is violent, lest they become of more injury to him than service.

When the patient has vomited freely, great care should be taken that he eat no flesh meat, nor broth made of flesh, which is too often given under pretence of its working the body, whereas it always proves hurtful. If after the vomit the fever still continues, and the quantity of urine is small, then take one ounce of syrup of violets infused into five quarts of barley-water, to be drank a wine glass full every half hour, or oftener if the distemper becomes violent.

If notwithstanding the application of these medicines, the distemper encreases, then the common blistering plaisters must be applied to the fleshy part of the legs; when the fever is extremely violent the patient should be denied all sorts of nourishment, and when it is thought unfit or improper to give a vomit, he should take an ounce of cream of tartar divided into eight equal parts, at the interval of one hour between them. This medicine

cine generally causes the violence of the disease to abate, and it is often attended with great success.

When the fever begins to decline, then no more purging medicines must be given, lest they too much weaken the constitution of the patient, which has already been much reduced by the violence of the disease. When the tongue begins to re-assume its natural colour, and the patient recovers the use of his intellectual faculties, then take one ounce of the jesuits bark, which being divided into sixteen equal parts, may be taken at different times during four days. Those who cannot procure the bark, may substitute in room of it the following composition. Take as much of the leaves of wormwood as you can hold between the fingers and the thumb, and pour upon them three points of boiling water; after it has stood till it is cool let the liquor be strained off, and a glass of it given to the patient at equal times between the fits. When he begins to recover, he should be accustomed to moderate exercise, such as walking about the room, in order to bring the whole frame into a proper temperament.

C H A P. V.

Of Malignant Fevers.

THERE are several fevers that are called malignant, because they generally turn out more dangerous in their consequences, than what at first appears from the symptoms. They generally steal on before the case be well perceived, but in most cases they may be known by attending to the following rules. As they arise from a corruption of the humours which become too strong to be resisted by the organs of the body, so the first symptom is a total loss of strength in the patient, who in consequence of the gradual approach becomes entirely feeble and unfit for action. Too much animal food without a proper share of vegetables, occasion that corruption in the human frame which gives rise to this distemper, and it may also be occasioned by any sorts of bad food, but particularly corrupted fish. There are many other causes by which these fevers are produced, particularly confined air, and the giving too much room to grief and anxiety to prey upon the spirits.

When the dejection of spirits takes place, the patient becomes in a manner insensible, and inattentive to every thing, even to the disease itself. A sudden alteration appears in his

countenance, especially in his eyes, and sometimes there is a violent pain in the head and loins, attended with shiverings. As in the beginning of most other fevers, the patient is seized with a drowsiness and a strong inclination to sleep, though he seldom enjoys any more than a little dozing. His senses appear as if totally benumbed, and he begins to rave long before the distemper comes to its height. Sometimes the belly is very soft, and at other times extremely hard, and the pulse is more weak than in a state of health, and at intervals it is quick and sudden. Eruptions often appear on the skin, and sometimes the spots are broad and large. The urine is of the colour of milk, and the excrements emit the most disagreeable smell. Sometimes there are ulcers in the mouth, and the brain becomes wholly confused, and if not properly attended to, and proper remedies applied, the patient expires in great agonies.

When a person is seized with this distemper, one window in the room should be kept always open, and boiling vinegar should be poured upon the floor in order to refine the air, for fresh air is of the greatest service to them. Their food should be as light as can be procured, and nothing can be of more service to them than the juice of sorrel mixed with water, or the juice of lemons, and the patient may
be

be permitted to eat tarts made of cherries and gooseberries. The patients linen should be changed every two days, and on many occasions bleeding is necessary, but there is seldom any occasion for glysters. His drink should be barley-water, impregnated with one ounce of the spirit of sulphur, and six ounces of the syrup of violets. But where these medicines cannot be procured, he may either drink barley-water or lemonade, both of which contribute in a great measure to keep the body cool. He should drink of these at least once every hour, and oftener if necessary, because they often prevent the disease rising to a state of violence when it mocks the power of physic.

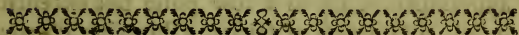
It is necessary at the beginning of the distemper to administer a blister in the common form, and if it has been omitted at first it may be applied afterwards if no inflammation takes place. If the skin becomes dry and there is a looseness, then instead of rhubarb, take three drams of cream of tartar, and one dram of ipecacuanha finely powdered, properly mixed and divided into six equal parts. This medicine must be administered in the morning, and if the strength of the patient is gradually decreased, then the following dose must be given him at least twice every day.

Take half a dram of Virginia snake root with ten grains of camphor, and make them

into a bolus mixed with a few elder berries ; but if the patient is weak he may take the dose at three different times every two hours. If these ingredients cannot be readily procured, then a little venice treacle may be given, which in many cases will answer the end. When the fever begins to abate so much that the patient can be left alone, then it will be necessary to give him one ounce of the jesuits bark divided into sixteen equal parts, and repeat the same the next day, which will in a great measure prevent the return of the fever. It will be necessary to continue taking a dose of this every other day.

If the patient recovers slowly, then it will be necessary to give him poor mans treacle in the quantity of an ounce, fasting in the morning, and the same quantity within twelve hours after. This excellent medicine is composed of the following materials. Take equal parts of myrrh, bushwood roots, elecampane and conserve of juniper berries. Mix with them a little orange peel, and make the whole up into an electuary of a thin rather than a thick consistence. This medicine does not in the least compose the patient to sleep, but then it is well known that sleep is often dangerous to him, and therefore when it is necessary there are other medicines proper to produce it. In grown persons malignant fevers often follow as the effects and consequences of the small-pox,

pox, because the corrupted matter has not been thoroughly eradicated by purging medicines. It is certain that nothing can be of greater service to the patient than fresh air, simple diet, and the medicines already prescribed, and although all these cannot set aside the order of divine providence, yet they may in most cases alleviate the severity of the disorder, and even prolong life to a more distant period than often happens. Many vulgar prejudices have been entertained concerning fevers, and as vulgar remedies applied, but what are here prescribed will always answer the end as far as is consistent with human nature, so that every person ought to make himself thoroughly acquainted with them, if he would enjoy health while he is in this world.



C H A P. VI.

Of spotted Fevers.

THIS is a fever of a very extraordinary nature, and it takes its name from small spots like bladders on the skin, because they are very

like millet seed, and they are sometimes red, at other times white, and frequently red and white blended together. People who neglect proper exercise are most subject to be tortured with this fever, and it is more incident to women than to men, especially to such as are tender and delicate. There are many other causes from whence this fever takes its rise, such as too slender diet, violence of the passions, and impure provisions. When women are seized with it in childbed, it is the effect of coftiveness, and sometimes of eating too much unripe fruit, while they are pregnant. Thus it most commonly attacks those women who live in affluence, because they indulge themselves too much in unnecessary gratifications, whereas those who are active and accustomed to labour are not so much subject to it. There are several symptoms by which it begins to make its appearance, such as a low pulse but excessive quick, a faintness of spirits, a shivering all over the body, and a strong oppression on the breast. Sometimes the patient becomes delirious, and in child-bed women the milk returns back. Just before the pustules or spots appear, the patient feels a violent itching all over the skin, and those thick passages of the body which had been stopped generally open. In general about the seventh day the pustules begin to dry and fall off,

off, but still there is no certainty as to the time of their appearance, for sometimes they come out and go off by turns. In such cases there is always danger, especially when they return all of a sudden. In child-bed women this disease is often called a rash, and at first they are filled with clear water, which afterwards becomes of a yellowish colour.

When the eruption begins to appear, all care should be taken to prevent the pustules from returning, for they must be brought out till they have arrived at a state of maturity. To accomplish so valuable a purpose, the patient should be kept in a regular condition with respect to diet, and his passions should not be any ways agitated, lest he should bring on the eruption too fast, or cause it to return before it has come to the height. He should not be covered with too many cloaths, and above all he should never be told that he is in danger, lest it should have too great an effect on his spirits. A little weak chicken broth may be given him, or a few roasted apples will answer the same end. The drink may be water-gruel, or balm-tea, but where that cannot be had the following may be given. Boil in two quarts of water two ounces of sarsaparilla, and let the same quantity of the shavings of hartshorn be put to it, and let the patient drink a little of it from time to time.

A little wine whey should be given to the patient when his spirits are low, and some orange juice should be infused into it. When the eruption does not appear in the time requisite, the patient must have refreshing cordials given him to support nature, and blisters must be applied; good wine is the best cordial that can be given, so as it is taken in a moderate quantity, and when there is a necessity of giving the bark, wine or acids may be mixed with it. In most cases it is needless to apply any more than one blister at a time, but when the eruption returns inward, then there will be a necessity of applying several, especially on the inside of the legs. Bleeding is dangerous in this disorder, because it weakens the spirits; but when the recovery is slow the bark must be taken infused in a little wine or water, according to the inclination of the patient. To avoid this disease which often proves fatal, wholesome food and moderate exercise is necessary; with respect to women during their pregnancy, they should use moderate exercise, abstain from green fruits, and eat cooling victuals to prevent costiveness. There is another fever with which people are often afflicted, called the remitting fever, because most of the symptoms are very uncertain in their first appearance. Remitting fevers for the most part flow from the same causes as the ague, and no age, sex,

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or constitution is exempted from them ; where heat and moisture are combined together, they are attended with great danger, and those who live in marshy grounds or low places are most subject to them.

It sometimes happens that the patient is seized with a delirium at the very beginning of this fever, and there is generally a giddiness in the head, quiverings, and alternate fits of heat and cold, with violent vomitings. Some of the symptoms are so uncertain, that one patient will be extremely costive, while another is seized with a looseness.

When there is reason to fear an inflammation, slender diet should be given the patient, nor should he be suffered to drink any thing that is strong. When the symptoms are more violent, a little more chearful diet may be given, but in all cases the patient should be kept quiet, cool, and clean. Fresh air should be let into his room, and the floor should be frequently sprinkled with boiling vinegar. His bed-cloaths should be changed as frequently as possible, and he should be constantly attended by a careful nurse. When there are any signs of an inflammation, it will be necessary to bleed the patient, but when there is no appearance of that, bleeding must not be used, lest it should weaken him too much. In general vomits are necessary, and thirty grains of ipecacuanha will frequently answer the purpose, and this may

be repeated twice, or even more if the sickness remains. Glysters of stewed pruens ought to be given to keep the body open, and by attending to these rules the fever will soon be brought to a height, after which the bark may be given, and if done in a proper manner the cure of the patient will soon be compleated.

To avoid this disorder every person should strive to live on wholesome diet, keep himself clean, and accustom himself to moderate and regular exercise. Let him take care to avoid damps in the evenings, and in marshy places, where many persons are often obliged to reside, smoaking tobacco may be of considerable service. When a person has an aversion to smoaking tobacco, he may chew a little of the bark, or he may take the powder of it in a glass of wine.

Nervous or slow fevers are generally occasioned by low diet, which impoverishes the blood, and does as much injury as living too high. It may be occasioned by eating too much green fruit, particularly cucumbers, mushrooms, and all others that are unripe. Excess in all sorts of debauchery is sure to produce this disease, because by such an irregular way of living, the constitution is enervated. Sometimes this fever is occasioned by keeping on wet cloaths, or sleeping on damp grass, a piece of imprudence to which too many are subject. The first approach of this fever is known by
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want of appetite, lowness of spirits, and an excessive weakness all over the body. The tongue becomes dry, without any great inclination to drink, and the pulse is low and quick. When these symptoms begin to appear so as to be properly discerned, the patients urine becomes pale, resembling small-beer, and he generally complains of a giddiness in the head. The most favourable symptoms are generally after the tenth day, when the tongue becomes moist, and the patient has a gentle purging, with a plentiful spitting; and when small pustules break out about the nose there is reason to hope that the danger is in some measure over: on the other hand when there is an excessive looseness, the extremities begin to feel cold, and the patient is subject to fainting fits, then there is great reason to fear that he will not recover. That nothing may be wanting to preserve the life of the patient, and restore him to health, he must be kept cool and easy, because too much motion will fatigue him, and those who attend him should give him the utmost hopes of a speedy recovery. His spirits ought to be supported by proper cordials, and therefore his gruel should be mixed with a little wine. Wine whey mixed with the juice of oranges or lemons will be of great service, and ought frequently to be given him to drink. Whoever attends the patient should take care if possible to

have the wine genuine, for good wine unadulterated is almost a certain remedy in this disorder. Indeed, the principal thing is to support the spirits of the patient by keeping him chearful, nor is he to be overheated with cloaths, and he must drink small quantities at a time. It is necessary at the beginning of the disease to give him a vomit, which may be composed of twenty grains of ipecacuanha in lime powder, and repeated frequently during the first four days. A glyster of warm milk should be given when the patient is constive, and if that does not operate a little sugar and salt may be added. Venice treacle must be given where the looseness becomes violent, and the following prescription will in most cases answer the purpose. Beat two ounces of chalk into a fine powder, mix with it half an ounce of gum arabic, let the whole be boiled in three pints of water till it is reduced to one quart, and when the liquor is strained off let the patient drink of it from time to time till the looseness subsides.

Cordials and blistering are most commonly used in the cure of this disease, but then the following medicine should be given at the same time, especially when the patient is extremely low, and much subject to fainting fits. Let five grains of Russian castor be mixed with ten
grains

grains of Virginia snake root, and ten grains of contrayerva-root: let them be finely powdered together and made up into small bolusses, one of which must be taken every four or five hours. If these articles cannot be procured, then take of saffron, wild valerian root, and castor, one scruple each, and when they are all beat together in a mortar let the patient drink a little of them in wine whey four times every day, till he feels the pain begin to abate. This fever generally abates towards the decline, and there is sometimes intermissions, in which cases it will be necessary to give the patient at least half a dram of the peruvian or jesuits bark in a glass of the best port or claret that can be procured. It often happens that the bark does not agree with the stomach, and in such cases it will be necessary to infuse one ounce of it into a bottle of Lisbon wine, and when it has stood three days let it be strained off, and then given in moderate quantities. There are many other ways in which the bark may be used, while this distemper continues, but particularly when it is on the decline, of which the following method has been found very beneficial.

Let one dram of saffron be mixed with two drams of Virginia snake root, and an ounce of Peruvian bark, and when beat into a powder
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and properly mixed, let them be infused into a pint of the best brandy, and there kept at least four days. At the end of the four days let the liquor be strained off, and let two tea spoonfuls of it be given to the patient three or four times every day while his complaint remains. The reason for giving it in the wine is to chear the spirits of the patient, and make it the more palatable, for nothing contributes more towards a speedy recovery than keeping the patient in a chearful frame of mind. Dejection of spirits in this distemper, as in most others, always proves dangerous ; and therefore although there should be an appearance of danger, the patient should not be told of it till it becomes in a manner absolutely necessary. The spirits being kept in a chearful frame, the patient is enabled to submit to his affliction in hopes of being restored to health, but when his mind is filled with apprehensions of danger he is apt to sink under the violence of the disease, and the use of medicines becomes ineffectual, merely through the want of prudence in those who attend him.

C H A P. VII.

Of the Pleurisy and Inflammations in the Breast and Lungs.

THE pleurisy is a disease that many persons are subject to, and is generally occasioned by an inflammation, and the first symptoms of it are violent stitches, and the patient is most commonly subject to the severest pains when he coughs or breathes in cold air. This induces many to stop the cough as much as possible, though nothing can be attended with more fatal consequences, for such a practice aggravates the disease, and makes it become more violent than before. When this suppression of the cough is carried on to an immoderate degree, the patient is frequently seized with convulsions especially in women, and even frequently in men. This disease generally rages with most violence in the spring season, and it generally begins with a violent shivering attended with a cough and a head ach. The cheeks becomes red, and sometimes the patient feels two or three stitches in his body at once. It often happens that the stitches shift from one
part

part of the body to another, and the pulse is usually hard.

The principal causes which produce this distemper are drinking cold water while a person is hot, or laying on damp earth, both of which have proved fatal to many; great care should be used in treating the pleurisy, and in general the following useful prescription has been attended with great success. Let the patient drink of wine of elder flowers mixed with one ounce of oxymel squills. While the stitches remain it is necessary to bleed the patient, and bleeding must be repeated unless the stitches are removed. While the patient is labouring under the pleurisy, his diet ought to be cool and refreshing, nor should he eat flesh or any thing that is of a heating nature, such as butter, cheese, or eggs. Whey is as good drink as can be given him, but where that cannot be had the following may be used. Let three pints of water be boiled to two, and a little honey with some of the jelly of currants infused into the liquor. When it is cold let it be strained off and given to the patient to drink. He must not, however, drink it in large quantities, but only a small glass at a time, so as to keep his mouth as moist as possible, and all the food he eats should be taken warm. His feet and hands should be daily bathed in warm water, and he should have fresh air let into his room, and the floor should be frequently sprinkled

sprinkled with vinegar. As in this disorder there is generally a violent pain in the head, it will be necessary to let the patient sit up in bed, in order to give him ease, but he must not do it too long at a time, lest he weaken himself too much.

It often happens that the pleurisy ends in a mortification like all other inflammatory disorders, to prevent which it is necessary at the beginning of the disease to attend to the rules laid down, because nothing is equal to regularity in every thing of that nature.

Inflammations in the breast are much of the same nature with pleurisies, and the signs by which this disease may be known are shiverings, attended with a considerable degree of heat, which is often followed with chillness. When the distemper is not very violent the pulse is quick, hard and regular, and there is a sensation of pain in one side of the breast. The patient lays constantly on his back, and when he coughs it is attended with the most violent pain. He is sometimes seized with a delirium, and for the most part the lips and tongue are dry. He evacuates but little urine, and he has strong inclination to vomit. He can seldom drink his broth except when he sits up in bed, and then his pulse becomes small and quick; his tongue black, his eyes stare wildly, and in general he suffers the most extreme anguish.

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The skin of his breast is often covered with spots, and his natural strength is greatly exhausted.

When this disease first attacks a person, he should be put upon a proper regimen with respect to his diet, and all that he takes should be cold. Barley-water in such cases often answers the desired end if a few almonds are put into it, because by this manner of treatment the thickness of the blood is purified. Bleeding is very necessary, as well as beneficial in this distemper, and twelve ounces may be taken at first, but if the patient is young and strong, then it may be increased to fifteen or sixteen. It often happens that glysters are necessary, nor can they ever prove hurtful if they are composed of the following ingredients.—Take as many leaves of marsh-mallows as you can hold between your thumb and fingers, and when you have cut them small pour upon them a pint of boiling water. When it has stood about an hour, add to it one ounce of honey, and then let it be strained off, and give it to the patient thrice in twenty-four hours. The blood is always thick in this disease, as well as in such others as are of an inflammatory nature, and therefore the patients legs should be bathed every day in warm water, and afterwards wrapped up in warm flannel to prevent that perspiration

perspiration which the bath produces, and which sometimes proves hurtful.

It is proper to let the patient receive the vapours of boiling water, and if vinegar is mixed with it, so much the better, because that takes off all the impurities from the air. There is no certain time when to know the crisis or when at the height, but it is most commonly from the seventh to the eleventh day, and it commonly happens that when the body does not make regular discharges, the disorder becomes fatal. To prevent this, great care must be taken not to change the diet of the patient, at least till there is reason to expect that the violence of the distemper has subsided. When the strength of the patient is in a great measure exhausted, the following rules should be attended to. Let him drink every four hours, a little barley water, or rice cream. If the matter brought up is thick and glewy, let him take every two hours a little elder wine, in which should be infused an ounce of oxymell squills. The influence of the air in this disease is more necessary than in any other, for which reason great care should be taken that the sweetest air be admitted into the patients room; and where his circumstances can admit of it, it would be proper to have a ventilator, but where that cannot be had, burnt or boiled vinegar poured on the floor will answer the same end. Aromatic

matic flowers burnt in the room are often of great service, because they exhale all noxious vapours; but in all cases where the sick person is confined in a close room, there is reason to fear the greatest danger. To guard against this distemper, the patient must be extremely careful what he eats or drinks, for if any thing is taken to excess, it is almost sure to produce it. Food and exercise should go hand in hand together, and the quantity of the one should be proportioned to the degree of the other. Were this attended to, few persons would be troubled with the diseases of which they often complain, but many go through the world in such a giddy thoughtless manner, that one would imagine they had no regard for their healths, and that they considered life with all its enjoyments of no value, while at the same time they never look to futurity, nor think of a life to come.

The last disorder to be considered under this head, is inflammation in the lungs, with which many persons are afflicted, and it generally arises from thickness in the blood; it is in many respects of the same nature with the pleurisy, for both are produced by the same causes. The most common symptoms are a difficulty of breathing, and a great heaviness of the brain, by which the patient seems to be in state of stupefaction. When the symptoms begin to
appear

appear the patient should be fed with the most slender diet, such as broths steeped with the juice of oranges, and his drink should be water gruel, thickened with honey. Bleeding at the beginning of the disorder is extremely necessary, and often attended with the most beneficial consequences, but if the patients spittle be thick, then bleeding should not be used. When the disease begins to subside, the body should be kept open by purging, and relieved in a gentle manner, particularly by glysters, which are often found extremely beneficial. It sometimes happens that the force of this disease mocks the power of medicine, and yet the patient will live for some time afterwards, though it generally ends in a consumption, which will be treated of in its proper place.

It is often necessary to apply blisters, but this must only be done when it is violent. If the patient is young he may be bled once or twice, especially if the weather is dry, and the wind blows from the north; an easy vomit should be given him, and there is none better than the following, which has been already prescribed in diseases of a similar nature. Let thirty-five grains, augmented to forty-five, be given the patient of ipecacuanha, according to the strength of his constitution, but great caution must be used, especially with respect to persons advanced in years, to whom the following
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would be much more proper. Take two ounces of manna, and one ounce of Epsom salt, let them be dissolved in half a pint of boiling water, and when properly strained let the liquor be given to the patient. They should also drink plentifully of burdock, boiled in water, having a few grains of nitre infused into it; this has on many occasions prevented the disease, and when it took place, has alleviated the severity of the pain, and brought the patient back to a proper state of health. It should however be often repeated, even after the symptoms of the disorder are gone, and this if properly attended to will prevent a relapse.



C H A P. VIII.

Of the Diseases to which studious and sedentary Persons are subject.

IT has been agreed on by the most learned men, both in ancient and modern times, that too close an application to study, becomes extremely prejudicial to the health, and such diseases

eases as the learned are afflicted with, arise from two causes, namely, the intense application of the mind, and the almost total inactivity of the body. The connection between the soul, and the body, is so strong, that it is in a manner impossible for the one to act without the other being in some measure sensible; for while the thoughts are employed, they communicate their influence to the brain, which after long meditation becomes as much fatigued as a healthy strong man is after the severest labour.

But the influence of too much study is not confined to the brain, for it equally affects the other parts of the body, particularly the stomach; for thus it happens that those who study much digest their food very slowly, on the contrary we may learn from daily experience that those who think little eat a large quantity of food, and digest it in the most easy manner. Nay, it often happens that some persons who are not very active, have such good stomachs that they eat and drink very heartily; while studious men, though born with good constitutions, seldom enjoy much health, and their food is digested with much pain. The injury done by the mind to the body soon returns upon itself, for the author of our being has so ordered in his wise providence, that as long as these two are connected together, they should

should operate in such a manner, that the one must stand or fall with the other.

There are several symptoms which indicate a weakness of the nervous system, and the first of these is a sort of pusillanimity, which makes us fearful before strangers, and such a dejection of spirits, that the man whose disposition is naturally bold, becomes extremely timorous, the slightest indisposition fills his mind with the most troublesome ideas, and he expects death in every thing that affects him. Sometimes these fears induce them to forsake their most favourite studies, because nothing gives them pleasure, nor are they able to talk of subjects of the slightest nature; for their hands will shake, and they will even be afraid to lift up a glass from the ground, or a table; they become miserable without knowing the cause, and without knowing where to apply for a remedy.

It is true, light nourishing food will soon restore them to their former state, but as soon as they return to their studies, the disorder will also return, and they are again obliged to leave their books, although their most beloved objects; thus an alternative takes place between pleasure and pain, and it often happens that the irritability of their nerves prevents them from reading, study, and sleep. Those who are employed in writing trifling books, such as common compilations, cannot be so severely affected

ted with those disorders, as those whose minds are continually fixed on one object, because in the former, the soul is relieved by changing from one subject to another, as in the latter there is no recess of thinking, no respite; nor can the student be brought off by the strongest persuasions, till he has either acquired the knowledge of what he sought after, or at least has imagined he has done so. This is peculiarly the case with respect to those who study mathematicks, physic, and all the different parts of philosophy, by which axioms are proved by ocular demonstrations, from the proper use of machines and experiments.

The second cause of disorders to which literary persons are subject, is, that humours are more easily conveyed to the brain than any other parts; when the brain is kept in motion by the exercise of the mind, it receives an additional quantity of blood, which increasing the motion of the vessels, occasion the pains that have been mentioned above. Many disorders flow from this, such as head aches, pleurifies, dropsies, deliriums, and the want of rest in the night, which last is attended with several others equally painful and injurious. It is a common saying among the vulgar that some men have gone mad by too much learning, but this has no other foundation in fact, besides what has been already asserted, namely, that

many learned men have lost the use of their reasoning faculties, as well as the senses of the body, in consequence of too close an attachment to their studies, without taking a moderate share of innocent exercise, and healthful recreation, by which the mind is relaxed, and the body kept in a proper frame of temperament.

A third cause which produces diseases in literary and studious persons is, the abstaining too much from proper exercise. In such cases the whole body becomes stiff, dry, and hard, and the head becomes so much weakened, that the sight is affected. The stomach is seized with a violent sickness, and the whole body becomes as it were fatigued with too much labour, which is not to be wondered at when we consider what a laborious thing intense study is.

Nothing is here meant to discourage persons of abilities from seeking useful knowledge; on the contrary, the whole is designed to point out the necessity they are under to use prudence in the course of their studies. A man who is a continual student without ever mixing in public society, scarce deserves the name of a rational creature, for our maker has so ordered things, that innocent amusements, useful exercise, and well regulated study, should go hand in hand together; but the man who is always confined in his study, injures his constitution,

tion, without ever acquiring a perfect knowledge of the world. To this it has been owing that when some men have been brought out of colleges, after twenty years close application to study, and appointed to fill great places under the government, they have been less acquainted with the world than some who had never been at a grammar-school.

It is certain that the human body consists of fluids, constantly fluctuating, and circulating, and therefore when there is too much in one, there is too little in another, and the whole frame becomes discomposed. This will appear more clear and evident, when we consider that when a person has been blooded, it is common to give him something to turn round in his hand, which is done in order to promote circulation. On the contrary, a too sedentary life renders the whole body unfit for action, for the circulation becomes languid in the smaller vessels. The want of exercise first produces its effects on those vessels that are weakest, and in such cases, the stomach becomes weak and disordered. But the stomach is not the only part that suffers, for the other parts being in the same state of inactivity are liable to the same complaints. Melancholy is one of the principal diseases, to which men of letters are subject, and sometimes this sort of melancholy becomes useful, because it fixes

the mind on one object, by which they are able to consider it in all its parts, without having their attention disturbed or diverted.

It is true, some men are so strong by nature, that they can bear all the fatigues of hard study, without disordering their digestion, but still they are not exempted from the power of diseases, for they generally become heavy and slothful, and the least emotion throws them into a sweat. Such persons are often taken off by death in the early ages of life, for the disease comes upon them before they have so much as the least symptom of its approach. From this circumstance, which often takes place, many have inferred that it is dangerous for men addicted to study to have strong constitutions, or a more than common appetite for food, because had they been more weakly they would have naturally attended with greater care to the preservation of their health.

A sedentary life weakens the whole human frame, for when the blood is once congealed for want of proper circulation, it injures all the vessels through which it passes. The gravel and stone are often produced by intense study, of which we have many remarkable instances in the lives of some of the greatest men that ever adorned the literary world. When the mind is too much attentive, and the body at the same time inactive, diseases are sure to follow, and therefore

therefore even the attitude of the body in study ought to be attended to. A person who studies should not lean too much over his breast, but should keep changing the position of the body from time to time, in order to promote the circulation of the blood, and this may be easily done where learning and prudence are joined together.

A fourth cause which produces diseases among the learned, is the sitting up at night to study ; one part of the day is sufficient for that purpose ; a second part ought to be spent in chearful company, or innocent amusements, and the night should be devoted to rest. To labour or study in the night, except in cases of the most urgent necessity, is to invert the laws of nature, and to pretend to be wiser than our indulgent creator, who, no doubt, knew best when he made us what was most proper to promote our happiness in this world. A man who with his hands labours all day, naturally seeks for rest at night, and why should not the studious person do the same ? Nature draws the sable curtain of night to give us an opportunity to refresh our wearied bodies and exhausted minds, and why then should we pull it aside to defeat the order of God, and weaken our own constitution ? We cannot study at night without the assistance of lamps or candles, and the oily vapours arising from them, contribute

towards increasing the disorders ; for they corrupt the air, and make it equally hurtful to the nerves, the eyes, and the lungs ; and although it is not so dangerous when wax-candles are burnt, yet still the evil is but only in a small degree lessened.

The fifth cause which produces diseases among learned men, is the corrupted air, which must always be the effect of their close confinement among books ; and this is an evil that has been but little attended to. Those who study in the country may much more easily enjoy fresh air than such as are confined to houses in town, but it often happens that both are equally negligent concerning the necessity they are under to have their books cleaned from time to time, their studies washed out, and a proper degree of fresh air let in to exhale all the noxious vapours, and give them a free and easy respiration ; for if the air of the study is not renewed frequently, then the student will live in a constant state of impurity, and the effects at last may become fatal.

It is remarkable with respect to the learned, that the same negligence already mentioned concerning their rooms, often extends to their persons, and many of them appear as slothful as if they did not consider themselves members of human society ; they suffer dust to settle upon their cloaths, and they seem careless to have clean

clean linen, by which they often become nauseous to all whom they converse with. The effect of this is, the body is afflicted with many loathsome diseases, such as inflammations in the bowels, frequent defluxions, their gums become rotten, their teeth fall out, and their stomach becomes corrupted by bad digestion. Some are so intense on reading, that they cannot refrain from having a book in their hands during their meals, and instead of taking a little moderate exercise after dinner, they immediately return to their studies, before their food has had time to settle upon their stomachs.

Another cause by which diseases are produced among the learned, is the keeping the urine too long, and although extremely dangerous, yet nothing is more common; and so it is with respect to not going frequently to stool: it is impossible to express all the bad consequences that flow from this practice, for which there can be no excuse; for the brain becomes confused and distempered, in consequence of keeping the excrements too long, and the smaller vessels connected with the bladder are filled with corruptive humours. Many instances might be advanced, where persons have lost their lives by this imprudent conduct, to which nothing could instigate them besides their own obstinacy, or some sort of pride that sets them in their own opinion above all others. Nor is it less

dangerous for literary persons to seclude themselves from society, and the company of their fellow creatures. We were all formed for society, and those who delight in nothing but a retired life, defeat one of the ends of their creator. It is certain, that nothing can contribute more towards health than chearfulness, which is enlivened by society, but damped by retirement. Melancholy is the effect of too much retirement, and it often happens, that those who are addicted to it, lose the proper relish they ought to have for social pleasures, and acquire such a temper of mind as makes them enemies to their fellow creatures. It is certain that some men by too close an application to study, defeat the whole end and design of learning, and while the proper exercises of virtue are obliterated by a superfluous pride, they entail upon themselves such inveterate diseases, as are not easily eradicated without great trouble, expence and danger.

Such are the general causes which produce these diseases, to which the learned are often subject; but there are many others which flow from particular causes, which ought to be attended to with the greatest care; and that which first claims our attention, is the disorders of the eyes, a disease that springs from too much reading, more than from any thing else. Many persons in the prime of life, have been
subject

subject to sore eyes, and violent pains, occasioned by inflammations in their eye-lids, merely on account of their too intense application to reading, which has either deprived them of sight at last, or rendered their future life extremely miserable. Had such persons only read a moderate share of some books every day, and indulged themselves with convenient exercise, and the conversation of their intimate friends, they would have been exempted from such complaints, and would have enjoyed the precious benefit of sight to the last; whereas, on the contrary, they go on reading till their eyes are weakened, and they no sooner take a book in their hands, than their cheeks are covered with tears or water, which prevents them from seeing distinctly the objects they would explore.

It is certain from what we see daily that some people in active life are subject to disorders in the eyes, as well as those who are continually poring over books. An orator by having his mind fixed on the subject, while the organs of speech are employed in addressing the audience, must in a great measure weaken his sight, and the same may be said of the most celebrated actors on the public theatres. Preachers who are obliged to read their sermons, are nearly upon the same footing, for although they have studied in their closets what they are to deliver

in public, yet the reading it with a becoming propriety, must give them a large share of pain, and weaken those organs which in their own nature are extremely tender. Loud declamations before great societies, where all the powers of the human mind are exerted, often bring on a complication of disorders, among which ruptures may be named, because they generally flow from an overstraining of the lungs. In all public declamations, it generally happens that the speaker, who is master of his subject, exerts himself too much, and most probably from motives of pride, in order that he may excel all others in the assembly; and the consequence is that he injures his constitution, while he is endeavouring to raise his reputation, and establish his character, at the expence of those who are not endowed with the same faculties, so as to make such a distinguishing figure.

It often happens that the stomach is bad, either in consequence of some weakness conveyed to it by the parents, or by an irregularity in diet, and the want of exercise, and this generally occasions strong nervous complaints. Such as have weak lungs, are most commonly seized with violent disorders in their breasts, which might have been avoided, had they taken a moderate share of exercise, instead of confining themselves wholly to their books. Young persons who are much addicted to study
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are generally seized with violent pains in the head, and frequent bleedings at the nose, because too much application throws the blood up into the head, and overcharges the vessels which are appointed to contain it. The strength of the constitution itself often proves dangerous, for when a young person is too much absorbed in study, he is generally seized with inflammations in his lungs, which often carries him off at the first attack. Sometimes these inflammations seem to lose their force, but they most commonly leave behind them so many seeds of diseases, that a consumption follows, and acquires strength before it is so much as perceived, or even thought of.

To begin to study too young is equally hurtful, as to begin when a person is in the decline of life. In the first place the organs are too tender; in the second they are too much weakened. There is nothing more natural than for parents to give their children education while they are young, but then it is well known that by a proper mixture of study and diversion, knowledge steals insensibly among them, and takes place in their minds; but when people arrive at years of maturity, it is too late to think of study, and therefore such persons should pursue that practice in life to which they have been formerly accustomed. A sudden transition from indolence to study, is

like a sudden change from one sort of business to another, and both are equally pernicious. A man who begins to advance in years, ought to be extremely cautious how or in what manner he engages in studies to which he was formerly a stranger, for new ideas flow so fast upon their minds, that the brain is in danger of being disordered; and the end they have in view becomes defeated, in consequence of their engaging in subjects of such importance, at such a period of life, when there was no reason to expect that they could ever make any proficiency in them.

What has been said concerning learning as the object of study in more advanced years, may be well applied to those who continue to pursue one kind of study, from their most early youth, till they begin to grow old. Nature is progressive with years, but still a relaxation is necessary, otherwise those who made some figure in youth, will become fools in their old age. This axiom applies to men of all denominations, and it is as necessary that the man of letters should retire from study in his old age, as the man of business does from mercantile employments. When a labouring man advances to old age, he is in a manner unfit to go through those fatigues, which he considered as little more than a pleasure when he was young, and the same may be said of the man of letters,

letters, especially of such whose whole lives have been spent in search of one particular object. In youth, and sometimes in middle age, the powers of the mind are strong, but like every thing else they fall into decay; and he that enjoyed pleasure in study while he was young, will find much anxiety in it when he advances in years. It cannot be of service, for if youth are afflicted with diseases, in consequence of a sedentary life, while their natural powers are strong, how much more must it be with those who have arrived at old age, and are on the decline. It is true, there is one advantage which men in public life enjoy, namely, that they are so much engaged in business, that if they use temperance, they seldom feel any of the inconveniences here mentioned; but it is not so with literary persons, who are too much addicted to their studies to pay any regard to what happens in the world, or even to mind the duty they owe to their own constitutions. This naturally leads us to point out the medicines that literary men should use in order to preserve their health, and to repair their constitutions, after they have been impaired by too close an application to study. Indeed many methods to answer so salutary an end have been pointed out, but we hope that the following will appear more natural than any others, as they have been known by long experience.

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When a friend wishes well to men of letters, or when a physician would persuade them to attend to the care of their health, both must endeavour to convince them that their conducts have been wrong, and that there is a necessity for a change. Men of learning are very much like ladies, who are ready to grow angry when the least fault is found with the object of their affections, and they have generally too high an opinion of their own knowledge, to hearken to instruction, unless it is conveyed to them in the most artful manner; for it often happens that warnings, cautions, intreaties, and persuasions are used in vain; they will find out a thousand excuses to divert themselves, being unwilling to part one moment from their favourite studies. Some will depend on the strength of their natural constitutions, which they vainly imagine will never be impaired, and others plead the force of custom; a third puts the evil day afar off in hopes he shall escape, because he has not yet felt any pain; and in general all of them despise the best advice, till it becomes too late to put it in practice. It often happens that when the first symptoms of diseases appear, they pay little regard to them, for having been so long engaged in study, they think it little better than sacrilege to desist from it. But if it shall so happen that persuasions can have any force with them, they must begin with a relaxation

ation of the mind from study, for without that all remedies will prove ineffectual.

When they have been once prevailed upon to relax their minds from the severity of study, the first thing they should do is to walk into the fields a few hours every day, when the weather will permit, and if before dinner it will be much better. When they have practised walking some time, they should ride out on horseback, gently at first, then it may be afterwards advanced to a trot, for no sudden change should take place, lest the remedy prove worse than the disease. Riding on horseback is of great service to all the parts of the body, because it keeps them in motion, and if used in moderation, restores it to that state in which it was before it was impaired by a too close application to study, and a constant confinement to one room poring over books.

Sailing is an exercise that many of the learned cannot partake of, because few of them live near the sea, in comparison of those who reside in the more inland parts; but where they have an opportunity it will be attended with very beneficial consequences. To ride in a coach on a flat even ground, scarce deserves the name of exercise, nor is it of much more use besides diverting a person, who by such means chuses to take a view of the country.

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If men of letters could be persuaded to pay that attention to the preservation of their health which they ought, they would spend some hours every day in such exercises as puts the whole body in motion, such as skittles, bowling, hunting, and many others that might be mentioned; they can have an opportunity almost any where of playing at skittles, and although a manly exercise, yet nothing can be more innocent and amusing. It has been often wished that every college where men of letters reside, had places set apart for such exercises, namely, a skittle ground, bowling-green, &c. because they would at all times afford them an innocent amusement, a relaxation from the severity of their studies, and contribute towards promoting their health.

It ought, however, to be observed in exercise as in every thing else, that unless it is used in moderation, it will undoubtedly prove hurtful, but this is such a self-evident truth, that to a sensible person, there will be little necessity for mentioning it. It is the great fault of the learned in general, to run into extremes on all hands, and it often happens, that when they take to exercise, they use so much of it that it does them a real injury. Were they to use a little at first, and encrease it gradually in proportion, they become habituated to it, they would soon find themselves as lively, vigorous,
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and active, as when they first secluded themselves from society, in order to pursue their studies.

A second precaution to be used is not to apply to study immediately after exercise, for all sudden transitions, whether of body or mind, are dangerous. A few hours spent in agreeable company, concerning rational subjects, would bring the mind into such a frame as to be able to co-operate with the organs of the body, after the use of so much exercise as is necessary. The reason is plain, men of letters seldom use exercise, especially at first, when they find their heads in some measure disordered, so that they cannot use too much caution, lest they run from one extreme to another; and truly in such cases, nothing can be more beneficial to them or more agreeable than conversation with friends; and if the subject is enlivening, or even comical, the effects will prove the more salutary.

The same caution should be observed with respect to the times for exercise, because it is always dangerous to apply to it immediately after meals, for that is sure to prevent digestion. It is necessary that the food should have some time to rest on the stomach, otherwise the digestion will be disturbed; and it is allowed that the trotting of a horse is more dangerous in hindering digestion than any exercise whatever. It may be added, that all sorts of exercise will
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at first be unpleasing to the man of letters, but when he has persevered in the use of them for some time, proceeding gradually, they will afford him as much pleasure as health.

Learned and studious persons ought to attend with great care to the quantity, as well as quality of their food; for much depends upon both. Indeed, it will sometimes happen to them as well as to others, that they will be obliged to put up with food that is very disagreeable to them, because they cannot procure any other, but in such cases the best thing they can do is to eat as little as possible, and then they need not be afraid of any dangerous consequences.

There are several sorts of food which ought to be particularly taken notice of, because they are in general more dangerous than any others; and amongst these may be ranked all sorts of fat or greasy meats, which are sure to sit heavy on the stomach, and often degenerate into putrefactions. Meats naturally tough, and softened by smoak and salt, ought to be avoided, because they lay too long upon the stomach before they digest, and by their weight create many impurities which are not easily eradicated. The same may be said of all such things as are sour, and therefore it will be necessary for him to abstain from shell fish, because that is generally eaten with vinegar. The most useful

ful food for studious persons is such as is young and tender, because that digests sooner than any other, and no sorts of vegetables are better than green peas well boiled. Bread, eggs, and milk, being common to all mankind, are extremely good, and when meat is eaten it ought to be either boiled or roasted, but never fried. A new laid egg taken raw in a glass of wine in the morning is of great service to the stomach, or it may be eaten gently boiled, but if too hard it will hinder digestion, by laying too long upon the stomach. Milk, if taken in moderate quantities, cannot be hurtful, and chocolate generally proves very beneficial; and so does a decoction of a seed composed of a soft digestible quality, mixed with a sharp bitter oily substance. With respect to cocoa it is too fat and nourishing for studious persons, for it lays heavy on the stomach without exercise, and is always slow in digestion. It often takes away the appetite, and renders the body costive, and at other times it becomes sour. Where a person has a strong desire to have it, he should take care to have it well mixed with sugar, but the less he uses of it the better.

There are several sorts of fruits that may be eaten with great safety, so as they are taken in moderation, and the principal of these are gooseberries, currants, raspberries, strawberries, mulberries, plumbs, peaches, apricots, and grapes.

grapes. Great care, however, must be taken that they are ripe, and a very moderate quantity of them should be eaten at a time, lest the stomach be overcharged, and a surfeit takes place, as has happened to many who did not attend to prudence in the use of what would otherwise have promoted their health.

It is impossible to lay down rules for all constitutions, any farther than pointing out what is beneficial, and what is hurtful. Every man should consider what agrees best with his stomach, for some can digest meat better than vegetables, and to others vegetables are of more service than meat. Eggs, as well as milk, though both innocent in their own nature, disagree with some persons, and therefore there is an absolutely necessity that every man should consider what agrees best with himself.

It is acknowledged that the most simple way of dressing victuals is by far the best, but still there is a necessity for some sauces to be added to the food of sedentary persons, but as little should be used of it as possible, just to make the meat more palatable to the taste, so that he may be able to eat a moderate quantity of it fit for the nourishment of his body. There is one thing so necessary that it cannot be dispensed with, and that is the care that should be used not to mix too many ingredients together in the cooking of victuals, for that
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often proves hurtful to the stomach, and is often the seed of many diseases. There are some men of letters who eat their food without chewing it, but that frequently proves hurtful to them, for the better the food is chewed the more easily it digests on the stomach, and promotes the end for which it was designed.

Another caution to be observed is, not to eat too often, but only at stated times, for nothing is promotive of so much good as regularity. A person who lives in a regular manner, taking a moderate share of study, eating, drinking, exercise, diversion and conversation, seldom complains of the want of health, while on the other hand the irregular person seldom knows either health of body or peace of mind.

With respect to drink, it is certain that water, as the work of God, was designed for the use of all nations in the universe. It is the gift of God to man, and therefore it can never prove hurtful, unless drank without prudence and moderation. - But in some cases, according to the luxury of the age in which we live, some other liquors are often found necessary, but then they should be drank as medicines rather than common drink; wine is an enlivening liquor which cheers the heart, but the studious person who drinks it should make choice of that which is most nourishing.

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All sorts of warm liquors are injurious to studious persons, and therefore they should be avoided, although they are too much in use at present. Amongst them may be reckoned tea, which is certainly prejudicial to the nerves, and the reason assigned is, that it is most commonly adulterated before it is brought to Europe. But the prejudice against tea may be carried too far, for if it is genuine it may certainly be drank with great safety, so as too much is not taken at one time. If a person finds his nerves disordered after drinking tea, and if his hand shakes; if he is seized with a giddiness in the head, and a dejection of spirits, he may be assured that it does not agree with him. On the other hand, if he finds his spirits refreshed and his mind enlivened, he ought to continue to use it with moderation, always taking care to procure the best sort that can be had, for if such are the effects, he will be always liable to judge of his own constitution, and prudence will direct which of the two methods to prefer.

Coffee is not so dangerous as tea, especially if it is taken but seldom, but if too often, then it serves to create a dejection of the spirits, and prevents digestion. It is not enough that many of the people in Asia use it as a common drink, for what suits their constitutions may prove extremely hurtful to ours. The people of Asia have been long lazy and indolent, where-

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as our climate requires activity, and the constant use of exercise, so that what becomes useful to the one, becomes hurtful to the other.

Men of learning, therefore, ought to use coffee as a medicine, but they should never use it as a common drink; for if they do so, sometimes the custom will degenerate into a habit, which few men will have resolution enough to divest themselves of. It is the great obstinacy of the learned, that although they are convinced of the pernicious quality of any substance whatever, yet they will indulge themselves in the use of it, because it is agreeable to the palate. The choice of the air is extremely necessary, because it extends its influence to the brain as well as to the body, and enlivens the mind, while it promotes the health. But it often happens, that the places where we can enjoy the fresh air, are such as will not suit men of letters, who must reside where they can have the use of books, and an opportunity of conversing with men whose abilities they prefer to their own. For this reason, as men of letters are in general obliged to fix their residence in large cities or populous towns, so they should take care that their rooms are situated in the most healthy places; they should be distant from slaughter-houses, or any places where the water is stagnated. The chimneys should be kept clean, to let in fresh air, nor should they

they make use of stoves, which are now become much in fashion, after the practice of the Germans. Stoves will emit a heat that will diffuse itself over the room, but still the person's feet will be cold, for this heat seldom warms the floor. It is certain that the use of stoves has been much condemned by the most learned men in that country where they were first invented, and although in some damp places they may be necessary, yet they ought never to be admitted into private rooms.

Another caution to be observed is to prevent as much as possible coldness of the feet, because it affects the whole body, and is often the cause of violent head-aches. It is extremely beneficial to men who have been long in their studies, to warm their feet by the fire before they go to bed, and this will be attended with more salutary consequences than the use of plasters, in which many indulge themselves.

There is another error into which the learned are apt to run, and that is going to sleep after dinner. This practice has become so common, that there are few who do not indulge themselves in it; but when it becomes so habitual as not easily to be shaken off, then the person should employ one to call him up before he has slept too long. After all, there is nothing equal to a little chearful conversation after dinner,

ner, for the night, and not day, was designed for sleep. Much has been said concerning tobacco, to the use of which many persons in the literary world are addicted. It has been approved of by some, and much condemned by others, but by both are extremes, for it is neither so pernicious as represented by the one party, nor so salutary as has been held forth by the other; there is a moderation in the use of every thing, and when that is exceeded on either hand, the danger is the same. Smoaking tobacco in moderation is of great use to such persons as have watery stomachs, but continual smoaking dries up the fluids, and disorders the stomach; it takes away the appetite, and makes the most delicious food disagreeable, but this can only be said of those who use it in extremes, for otherwise it has proved very beneficial to asthmatic persons, by conveying the air into the lungs. The most pernicious way in which tobacco can be used, is in what we call snuff, and it is surprising to find how many of both sexes are slaves to it; it affects both the strong and the weak, and when it becomes a habit it is no easy matter for a person to refrain from the use of it. It blunts the sense of smelling, and throws all the nerves into a state of numbness, and therefore it is indispensably necessary that men of letters should refrain from the use of it.

Having thus pointed out the causes of, and the remedies for diseases among the learned, it will be necessary to proceed a little further, and consider them as in their highest degree of malignity, which would seldom happen were they to attend to the rules already laid down; but unfortunately for themselves, it is no easy matter to convince them of their danger.

When a man of learning is taken really ill, the first thing to be done is to prevail with him to leave off study, and although an easy matter, yet it is not easily accomplished. He must be persuaded to forget that there are such things as books and sciences, and his study should be locked up. He should be visited by the most chearful friends, from whose lips nothing of science should drop, but every thing should be entertaining and unusual, such as is to be met with in comedies, novels, and even in common life, which will always furnish entertainment.

If they are able to walk out they should be present at country diversions, where they will enjoy the fresh air, and be enlivened at the same time. They should have some nourishing cordials while their spirits are low, but when they begin to recover strength, something stronger may be given them, according to their appetite either for eating or drinking, always taking care that they do not take too much at a time.

a time. Ice water is extremely good for drink, and in some cases a small dose of the bark may be given, because it cleanses the stomach, and creates an appetite. It will be necessary for them to use the cold bath, because it has the same effects as the bark, and operates in the same manner, by strengthening the stomach and enlivening the mind. The bath however, must not be used if the patient is extremely weak, for in such cases, it would prove dangerous rather than of any service.

Another method much in use in some parts of the world, and always attended with beneficial consequences, is that of rubbing the breast in the morning in bed with a piece of coarse dry flannel. This sort of friction in a great measure supplies the want of exercise, and enables the powers of the body to act so as to bring the different parts to a proper state of temperament.

Mineral waters are of great service to such as labour under diseases from too close an application to study, and the bountiful author of nature has so ordered that they are to be met with in most parts of the world; they are not confined to nations in general, but are to be met with almost every where, and no where so common as in England. One great advantage attending the use of mineral waters is, that those who attend the most celebrated places where they are found, are sure to meet with the

most entertaining company, and it generally happens that mineral wells are found in the greatest plenty where the air is fresh and salubrious. A few weeks attendance on such places during the proper seasons, serves to wear off much of that rust which literary gentlemen contract in their studies, and makes them much better members of human society than all the books in the world ever could. Nothing, however, is here said to discourage men from the pursuit of learning, but only to deter them from the abuse of it, so as to prejudice their healths, and make their advanced years, if they should arrive at such a period, both easy and delightful, by mixing study and innocent amusements in such a manner as the one shall give a relish to the other.

Bleeding is seldom necessary to a studious person, because by living in an abstemious manner his body is generally more weak than such as have been inured to business and labour. It is much better to begin with gentle purging, especially if the studious person is well advanced in years; but where there appears a necessity for bleeding, it ought to be taken in a small quantity, or rather cupping will answer the same end; rhubarb may be taken from time to time, for nothing can be more innocent, because it keeps the body open and creates an appetite by removing all impurities from the stomach.

stomach. They must not, however, have recourse to it too often, for that practice will in the end weaken the body, and prevent the interior parts from performing those functions for which they were appointed.

When men of letters are attacked with fevers their brain is soon disordered, and light as well as company becomes extremely disagreeable to them, so that these things ought to be attended to by those who would wish to do them any service. But whatever care men of learning can be persuaded to take of their health, yet they must not become slaves to too strict a regimen. Men of letters are too much accustomed to living by a certain set of rules, that when a regimen is proposed, they will not deviate in the least from the smallest part, although it should be attended with the most beneficial consequences, and then what was intended to promote their health becomes a real injury, by attending to it in too rigorous a manner.

To conclude what has been said on this subject, let men of letters remember that it was never the design of their maker to send them into this world, but to be beneficial to themselves as well as to their fellow-creatures. Learning becomes an ornament to every man when it is used in a proper manner, but study is only one part of learning; the person who would acquire knowledge, and make himself

master of useful sciences, must not confine himself wholly to his study, for he must mix in public company in order to become acquainted with the world: at the same time he must take care of his health, for that is a duty incumbent upon every rational creature, and is one of the first principles implanted in the hearts of men. Prudence in the moderate use of exercise, as already laid down, will in a great measure answer the purposes abovementioned; and the same may be said of the medicines that have been recommended, if they are made choice of with judgment: but without such cautions, all medicines, and even exercises, will in the end prove ineffectual.



C H A P. XI.

Of Colds, and the most proper Remedies for them.

THERE are many persons in the world who consider colds as of so trifling a nature, that they foolishly imagine no evil consequences will flow from them besides a little hoarseness

hoarseness and a fit of coughing. It is true, there are no persons die of colds while they are such; but if many other diseases flow from them they become matter of serious consideration, for colds have killed as many as the plague. There is another error into which many run, which is that colds require no remedies, but that they should be suffered to go in the same manner they came, because they are worse, and will continue longer for being nursed and pampered. In some respects this may be true, because many persons take such medicines as prevent their recovery, instead of being of any service to them; but notwithstanding all that, colds like all other diseases should have remedies applied, and it is certain that these remedies operate in proportion as they are administered with knowledge and prudence.

The symptoms of a cold are mostly the same as of fevers in general, especially where the cold is violent; and in some cases there is a cough which commonly begins to subside when the disorder is at the height. A cold sometimes seizes the nose and causes a most violent head-ach, and the matter that runs from the nostrils is clear, thin, and sharp. When the inflammation of the nose begins to subside, the matter becomes thicker in proportion, and

pretty much resembles what the person affected coughs up, but it generally impairs both the taste and the smell. Colds are numerous with respect to the different parts of the body affected by them, but those of the head seldom last long. If they extend above five or six days without any symptoms of an abatement, they become very hurtful for the following reasons. The lungs are much weakened by long coughing, and the whole of the body being disordered, the blood is forced up into the head. The person being deprived of sleep, his strength is diminished, his appetite is taken away, and what he eats seldom digests on the stomach. To all these may be added, that when the violence of the disease brings on a fever it is generally very acute, and if not properly attended to, apt to become dangerous, for supposing the person should recover, he is left so extremely weak that it is long before he is fit for any business.

If the person is of a strong constitution, and has a florid countenance, some blood should be taken from the arm;—and when the cough is strong, and the head-ach violent, he may drink the same as was prescribed before in cases of fevers, namely, the following: take one ounce of melon-seed, and three ounces of fresh sweet almonds, bruise them together in a mortar,
adding

adding to them one pint of water, which must be done by a little at a time while they are heating. Let the whole be strained through a linen cloth, and then let the remains be bruised, and a pint of water added as before; add to the almonds half an ounce of sugar, with a little orange juice, and give the patient a wine glass of it to drink every four hours. At the same time it is necessary to bathe the feet with warm water when he goes to bed, and it often happens that bathing without any other remedy will remove the pain in the head, and allay the violence of the cough. If the patient is costive he should have glysters of warm-water mixed with a little fresh-butter or common soap. Where these things are properly attended to, and the disorder is taken notice off before it gathers too much strength, there is seldom the least doubt but the patient will speedily recover; whereas if it is suffered to remain too long it will be attended with dangerous consequences. In many cases the disorder is so slight, that it may be easily cured by refraining from flesh, eggs, broth and wine, and living only on bread, fruits, and water, particularly by eating no suppers, and only drinking when dry a little barley-water, with the addition of some milk infused into it, five tea-cups of the juice of red or wild

poppy-leaves. But batheing of the feet must not be neglected, whether the disorder is violent or favourable, and the following powder may be safely given to the patient: take one ounce of nitre finely powdered, and divide it into sixteen equal doses, to be taken twice every day in a glass of elder-wine, or barley-water.

When the violence of the pain begins to subside, he may take a little venice-treacle in elder-flower tea, after he has bathed his feet in warm-water, and such remedies in general put an end to the cold; but it is always best for him to eat no more food than is necessary to support nature, nor should he taste any medicines after supper, but it will be best for him not to eat any supper at all. Colds are so common, especially in winter, that every one pretends to prescribe something for them, but all the above-mentioned remedies have been tried by the greatest practitioners, nor did they ever fail of success, except when they were taken in an improper manner, which is often the case when persons afflicted will not hearken to reason, and make use of such things for the recovery of their health, as have been always attended with the most beneficial consequences.

When the cold is in the brain or the head, it is often cured by the steam of warm-water,
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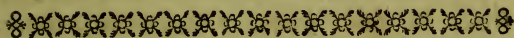
with elder flowers, or some other aromatic herbs boiled in it; and when it fastens on the breast the following may be used with safety: take as many leaves of rue as you can hold between your thumb and two of your fingers, with the same quantity of hoar-hound, and one quarter of an ounce of hellebore-root with two ounces of filings of sound iron; mix the whole into three pints of wine in a wide mouthed bottle, and set it on the fire that it may be kept hot. It must remain on the fire twenty-four hours, only it must be shaken from time to time, and then let it be strained off, and one common tea-cup of it given to the patient four times every day, one of which must be an hour before dinner. *Sperma cœti*, which is no other than the grease or fat of whales, has been often given to persons afflicted with colds, but it has been attended with very bad effects frequently without any good resulting from it, for such things as are fat and greasy ought not to be given to persons afflicted with such diseases, because they lay heavy on the stomach, and seldom digest.

In the beginning of a cold it is necessary to refrain from burnt brandy, and all sorts of wine that has been spiced, for such things are always hurtful till the cold begins to go off. When that is the case, and the pati-

ent is extremely weak, then the following medicine should be taken: let one ounce of the best jesuits bark be divided into sixteen equal parts, and mixed with a little wine, and one of the sixteen must be taken every four hours; but if the pain is thrown upon the lungs, then it will be necessary to apply blisters to the fleshy parts of the legs. Persons who are afflicted with colds should not shut themselves up in warm close rooms, for that becomes equally dangerous as if they were to expose themselves to the severity of the cold. In all things let a proper medium be observed.

Therefore persons who are most subject to colds, should not keep themselves too hot, because that will effectually destroy their health, for the more warm they keep themselves the more they are disposed to sweat. The more such persons are afraid of the free air the more sedentary they become, and the use of hot drinks completes the severity of their disorder. The best method to be used with such persons is to accustom them to walk a few hours in the fields every day when the weather will permit, and to lessen their cloathing from time to time, always taking care that they drink nothing but what is cold. It is also necessary that they should use the cold bath frequently, which has been of great service

vice to many, and feldom, if ever, attended with bad consequences.



C H A P. XII.

Of the Diseases of the Throat, and the proper Remedies.

THE throat, as the passage through which nutriment passes into the body, is subject to many diseases, particularly inflammations, which are always attended with great pain, and are often called by the name of a quinsy; but all such diseases vary in their symptoms, severity, and cure, according to what part of the throat is infected. The causes by which those disorders are produced are so numerous that they cannot be all mentioned in this place, only that they will be taken notice of as they occur in treating of the remedies that ought to be applied to relieve the patient struggling under them.

The most common symptoms of inflammations in the throat, are violent head-achs and frequent

frequent shiverings, a great difficulty in breathing, and the urine becomes highly coloured. If the mouth of the wind-pipe is affected, the patient feels extreme anguish, and then it often proves fatal. When the inflammation seizes the other parts, it is generally more easy, nor is much danger to be apprehended, especially if the effects of the distemper extend to the exterior parts. It often happens that the disease shifts from the internal to the external parts, when the skin of the neck and breasts become red, but this is a very favourable symptom because the patient feels himself much better than he was before.

It often happens in these disorders of the throat, that the patient is unable to swallow any thing, and that joined to the severity of the anguish they feel, often brings on a violent fever, which is encreased in consequence of their being denied a proper share of rest. Sometimes the fever is very high, attended with violent head-aches and shiverings, and it is generally severest in the evenings, for most commonly before morning it entirely subsides. The pain often extends itself to the ear up that side where the throat is most affected, but such effects seldom take place, especially where the symptoms appear on the external parts.

In all cases where the throat is inflamed, the patient should be put upon a proper regimen,

men, and he must be frequently bled ; his legs should be bathed in warm water thrice every day, and a glyster should be administered, composed of the following materials ;—pour a pint of boiling water upon a few leaves of mallows, and after stirring it when it has stood about an hour, put to it one ounce of honey, and let this be given in the glyster every three hours ; when the disease is not of the most violent sort, it will be sufficient to give the patient a glyster once every day, and to bathe his legs in warm water, or the following poultice may be laid over the neck ;—boil a little bread in a pint of milk, and when it becomes soft and tender, let it be applied to the neck milk warm spread on a soft flannel cloth, and a little rice may be added to it, although the first commonly answers the end.

It often happens that the symptoms abate soon after bleeding, but still the pain continues ; and in such cases it is necessary to hold warm water under the head of the patient that he may suck in the steam, after some aromatic herbs have been infused into it ; for whatever the effects may be, they are never dangerous, but often prove salutary. When the inflammation seems no ways disposed to disperse, the inside of the mouth begins to appear white, and if it does not burst of itself, it should be opened with a lancet ; when the orifice is made by the

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the lancet, the water bursts out and emits the most disagreeable smell and nauseous taste. In such cases, it is necessary to prepare the following medicine, or rather to have it ready prepared, lest its effects be lost before there is time for procuring it. Make a decoction of red rose leaves, and add to it two ounces of vinegar, with the same quantity of honey to every pint; let a little sage be added, and then give it to the patient, by a little at a time, once every three hours.

It often happens that the matter is collected in a place different from where the pain lies, and because in consequence thereof the patient enjoys rest, he begins to imagine that the malady is cured; but such symptoms are very deceitful, nor ought any trust to be placed in them, at least for some time. To discover that the malady is not removed, the patient must attend to the state of his body, and if he finds a pain in the mouth, with an uneasiness on the spirits, frequent shiverings, small white eruptions on the gums, and a disagreeable taste; then he may conclude that there is still a necessity of having recourse to remedies that he had not used before. In such cases it is proper that he should keep a little warm milk mixed with water in his mouth, and renew it from time to time, as often as it appears necessary. In diseases of the throat that have been brought

brought on by excess either in eating or drinking, a circumstance that often occurs; and when the patient has a strong inclination to vomit, it will be necessary to give him a small dose of tartar dissolved in a glass of water, for this generally disperses the inflammation.

With respect to particular persons, there are some who have inflammations in their throats, with the return of every season, or at least every year, but these may be cured by frequent bleeding, so that a moderate quantity is taken from the patient at a time, and it will be necessary for such persons to abstain from flesh and wine, and instead of the latter drink wine-whey, and bathe their legs in warm water. It is also necessary to take care that the head be not too much exposed to the cold, especially after violent exercise, such as riding, or hunting, or even loud singing. In some cases inflammations of the throat are the symptoms of putrid fevers, and the same causes in general produce the same effects, but most of them may be cured by the medicines already laid down, if the patient attends to the use of them in a proper time, without suffering the disorder to gain too much strength.



C H A P. XIII.

Of the Diseases of the Teeth, and the proper Remedies.

THERE are few persons in the world who are not less or more subject to diseases in their teeth, and these diseases proceed from a variety of causes, such as cold in the gums, rottenness, or inflammations, each of which produce the most exquisite pain. In many cases it becomes necessary to extract the teeth, without which the pain will continue, and the breath become extremely offensive; but when the disorder is rather slight a bit of cotton dipped in oil of cloves may be applied to the hollow place, and that generally gives relief. A tincture of laudanum or opium may also be used, for either of them will answer the same end. In violent cases, vitrol or aqua fortis have been given, but these are generally attended with great danger, nor should they be applied except under the direction of a physician.

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In youth, the tooth-ach is often occasioned by sitting up late, violent exercise, and excessive drinking ; and it is well known that young persons in general are too much addicted to irregularity. It is remarkable that most diseases of the teeth come on in a very sudden manner, without any previous symptoms, the mouth becomes hot and there is generally a violent head-ach. Sometimes the gums become inflamed, and at other times the cheeks and throat swell, but then the pain generally abates ; if the pain continues after the cheeks swell, then it will be necessary to bleed the patient, and that often gives him immediate ease, but when that fails he should have one ounce of nitre finely powdered divided into sixteen equal parts, and taken in so many doses, nor should he eat flesh meat or drink wine ; he should abstain from all hot liquors, because instead of giving him any relief they only tend towards encreasing the pain, and making him more miserable than he was before. When the disease arises from a cold, the patient should be purged in the following manner.

Mix thirty grains of cream of tartar, with the same quantity of jalap of senna, and when they are well mixed let the patient take them ; when they have operated in a proper manner, make up for him a diet drink composed of the following materials :—Take half an ounce of
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lignum vitæ, the same quantity of *sassafras* and of the shavings of *sassaaparilla*, with one ounce of china root, and let the whole be cut extremely fine; put them into a glazed earthen vessel, and pour upon them five pints of boiling water; when they have boiled an hour take them off, and strain them gently through a cloth. Let this be given to the patient from time to time, according to the violence of his pain, for it has often cured the tooth-ach when all other remedies failed. Sometimes it will be necessary to apply a small blister behind the ear, but that is only to be done when the pain is extremely violent, and it often happens that smoaking tobacco gives much ease to the patient, though it cannot totally remove the seeds of the disorder, which are too deeply rooted to be eradicated by such a superficial remedy.

Sometimes the smoaking tobacco occasions much weakness of the stomach, and therefore it should be used with great caution. In such cases, where the stomach is weakened either by tobacco, or the use of any other things that may happen to be taken as remedies, it will be necessary to give the patient one ounce of the Jesuits bark, finely powdered, divided into sixteen equal parts, and taken at so many different times. This medicine generally produces the most beneficial consequences, and it seldom fails to lessen the pain of the tooth-ach, which

which most commonly returns at stated periods in the day. But there are some sorts of pains called the tooth-ach which are extremely different from any of those already mentioned, and these are such as become radical. Some of them are of a scorbutic nature, and in such cases it is necessary that the patient should eat a considerable quantity of horse-radish, water-cresses, sorrel, or such other things as are of a cooling nature. It is the most common opinion, that all the diseases of the teeth proceed from cold as the original cause, and although that opinion may hold true in many cases, yet it will not do so in all. The eating of too much sweet-meats often occasions the tooth-ach, and it is more than probable that some inherit it from their parents. Upon the whole, it is most easily cured if proper remedies are applied when the symptoms first appear; but if it is suffered to gain strength, then it requires the utmost force of medicine to eradicate it.

To prevent the tooth-ach it is necessary to wash the teeth every morning with cold water, and the same should be done when a person goes to bed. By these means all the corruptive particles are taken away, and the teeth being kept in a state of purity, they will seldom be afflicted with any of the diseases already mentioned. But when it happens either

ther through want of attention, or any other cause, then it will be necessary to use the remedies before laid down, because they have seldom failed in promoting the desired end.



C H A P. XIV.

Of the Bite of a mad Dog, and the usual Remedies.

THE bite of a mad dog has been attended with very fatal consequences; and therefore it is necessary that every person should be acquainted, not only with the nature of it, but also with such remedies as are necessary to be used in order to remove the pernicious effects. It is a poison of a most dangerous nature, because one animal by a single bite can communicate the infection to another as well as to a human creature. Dogs, who are seized with what we call madness, contract an aversion to eating, and they have the strongest antipathy to drink: their eyes roll with a certain wildness, and they are generally sour and morose; he forgets his master, of whom he was fond before,

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nor does he suffer any person to stroke him. He generally leaves the place of his usual residence, and runs up and down the country with his tail hanging down and his mouth foaming; so that every one who meets him is afraid of him, and ready to dispatch him.

The wound occasioned by the bite of a mad dog is often healed as soon as any other; but after some time which cannot well be ascertained, because of different constitutions, the effects begin to appear by most violent symptoms: the wound most commonly bursts open, and the person is seized with a sort of melancholy that at first makes him seem indifferent to any thing transacted beside him. He is afflicted with cold, his pulse becomes irregular, he is restless in his sleep, and often becomes delirious; he is often seized with pains in his throat, and his stools are for the most part irregular. These are the first symptoms, but those that follow are much more alarming, and generally point out a confirmed state of madness.

The patient begins to be afflicted with a most violent thirst, and yet at the same time abhors all sorts of drink, particularly water; nay, such is his aversion to water, that if it is brought into the room where he is, so as he can see it, he is thrown into the most violent
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convulsions. Their urine becomes thick and discoloured, and it often happens that there is a suppression, or stoppage of it. They are commonly seized with a delirium, and their voices become hoarse; but as to their barking like a dog, it is no more than a vulgar error, introduced by those who never had an opportunity of seeing their fellow creatures labouring under so much misery. In such cases they spit at all those who attend them, and often attempt to bite, which they sometimes effect, to the great danger of those who are bitten by them. It sometimes happens that their pain is so great that they wish for ease in death; and if they are not properly taken care of, they will with their own hands promote their own destruction.

All dogs who are seized with this dreadful distemper emit the poison through their spittle, or the froth that flows from their mouth, and therefore it becomes the less dangerous, to those who have been bitten after the animal has in some measure exhausted his fury. The froth seems to be emitted from under the teeth, and therefore it is seldom attended with much danger to sheep, who have generally so much wool upon their skins that they are not cut into the flesh, but where the teeth penetrate and the poison is conveyed, and whether it is man or beast, the effects generally prove

prove fatal. If the bite happens in the face or neck it becomes more dangerous than in any other part, because it makes a more swift progress to the tender and vital parts; for the higher the part of the body, the more dangerous the infection becomes, unless treated in a proper manner. It is certain that many persons have been bitten by mad dogs, who took little or no notice of it till it was too late, and then their friends not knowing the nature of their disorder, neglected to make use of the proper remedies till the patient became a most miserable object, and then died under the most excruciating tortures, notwithstanding every thing administered to him that could give him the least ease, or remove the corroding maladies under which he laboured.

Many remedies have been pointed out for this violent disease, and they have been less or more attended with success, according as they were properly administered. Among the antients the practice was to put a red hot iron to the wound, by which the corrupted matter was burnt off; but this was a barbarous remedy, suited to the ferocity of those times. Where it is found necessary to make an incision in the wound, it must be washed every day for a considerable time with warm water mixed with a little salt: where this is done, the edges and orifice of the wound should be rubbed

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with the following ointment. Take one ounce of the purest quicksilver, two ounces of hogs lard, with half a drachm of Venice treacle, let them be well rubbed and mixed together, and it is necessary that the best of each sort be made use of. The wound should be dressed once every day with this ointment; but if there is no great appearance of danger, it may be rubbed twice every day with yellow basilicon. Great care should be taken concerning the food which the patient eats: he should abstain from flesh, and all sorts of food that have been heightened to the taste by spices, for these generally become hurtful. He should not drink wine, but only a little barley-water with the flowers of the lime-tree infused into it. If he is costive he should have glisters applied, his legs should be bathed in warm water, and a dose of the following powder should be taken every third day.

Mix sixteen grains of musk with twenty-four grains of natural or artificial cinnabar, and reduce the whole to a fine powder.

If the most violent symptoms appear, such as the dread of water, the patient should be bled according to his strength, and he should be put into a warm bath twice every day. The limb which contains the wound should be rubbed over with oil, and wrapped up in an oily cloth of flannel. He should
every

every night take one bolus compounded in the following manner, and it should be repeated in the morning.

Take one grain of opium, one drachm of Virginian snake-root in powder, assa foetida, and camphire, ten grains each, and mix with them a sufficient quantity of conserve, or root of elder, which when swallowed must be washed down with a little barley water, having the flowers of lime-trees infused into it.

If it happens that there is a bitterness in the mouth, and a nauseousness on the stomach, then the following powder must be given, because it produces a discharge of all the humours that are of a gluey nature. Take thirty-five grains of ipecacuanha, and let it be given him in a cup of warm water mixed with wine.

It generally happens that a perseverance for a few days in the use of these remedies brings on the most favourable symptoms, the disease begins to disappear, and the health of the patient is gradually re-established; but when the symptoms becomes strong or violent, he should take the following powder thrice every day.

Let one ounce of the best Jesuits-bark be divided into sixteen equal parts, and one taken at a time. It must be here observed, that during the time the patient continues ill, there is the greatest necessity to give him hopes of recovery, because that keeps up his spirits, and

prevents him from plunging himself into a state of despair, which generally brings on a delirium.

To conclude this article, it may not be amiss to take notice of a most horrid and illegal practice that took place some years ago, namely, that of smothering the afflicted patient. It is now prohibited, and there is no doubt but all persons found guilty of it in a court of justice would be punished as murderers. It is also too common even at present for those whose business it is to look after the afflicted patient, to abandon him to himself under a supposition that he will bite, but this is what seldom happens, and any person by keeping on his guard may easily prevent it.

Upon the whole, the bite of a mad dog, though extremely dangerous, and sometimes fatal, yet may be easily cured, if taken care of in time, before the strength of the malady arises to such a height as to resist the power of medicine.

C H A P. XV.

Of Cholics, and their different kinds, with an Account of the proper Remedies.

CHOLICS are so numerous in their different kinds, and proceed from such a variety of causes, that they ought to be treated separately by themselves under different heads, and that plan has been strictly adhered to in this work. We shall therefore begin with the most violent, namely inflammatory cholics. This disorder begins with a violent pain in the bowels, attended with shiverings, the pulse becomes quick and hard, and there is in most cases a weakly purging, though at other times the patient is costive. His face appears as if inflamed, he is seized with vomitings, nor can his belly be touched without putting him to the most exquisite pains. His thirst is so violent that he is continually calling for drink, and his urine in passing appears discoloured. As the symptoms increase he raves, and if proper remedies are not applied, his whole strength fails him, and he expires in the greatest agonies. Such are the symptoms of

this disease, and in order to promote the cure the following methods must be used.

Let the patient be blooded in the most plentiful manner, and if necessary let it be again repeated in two hours, because it allays the vomiting, and diminishes the severity of the pains by which the other remedies are enabled to operate with greater success. A glyster composed of oil, barley-water, and a decoction of mallows should be given him every time he goes to bed, whether he is costive or not, and he should drink plentifully of the following medicine, which is commonly called almond milk.

Bruise three ounces of sweet almonds with one ounce of melon seed in a mortar, and pour upon them by a little at a time one pint of water, let it be strained through a fine coarse cloth; bruise what remains, adding as much water to it as will amount to three pints in the whole. Let the whole be mixed together, and half an ounce of sugar put to it, and if the patient is of a weak and delicate constitution, a little orange juice should be mixed with it. This should be given to the patient warm.

It is also necessary that flannels dipped in warm water should be applied to the belly, and they should be shifted every hour, for the heat of the body soon makes them become dry.

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If after the use of these remedies the disease not only continues, but also seems to gain ground, then the patient should be put into a warm bath; and when the fever is wholly removed it will be necessary to give him a gentle purge composed of two ounces of manna, in a glass of clear warm whey, which in most cases is sufficient.

Another kind of cholic is that which arises from cold, and it is often extremely painful. This species of the cholic most commonly produces severe pains, arising from cold in the feet, and the patient is generally attacked within a few hours after he receives the injury. When the first symptoms appear, the legs should be bathed in warm water and hot cloths kept wrapt round them, and he should drink freely of camomile tea. If the patient is put to bed and sweats freely, especially in the legs, there will be great hopes of his immediate recovery, but when the pain is extremely violent some blood must be taken from him, a glyster should be given, and his legs should be held over the steam of warm water. He should drink warm milk with the flowers of lime-tree infused into it, and if these do not give him ease then blisters should be applied. No medicines in which are any things of a heating nature should be given him, because

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they

they serve to encrease the pain, and often prove fatal. Oils seldom agree with persons who are afflicted with this disorder, and therefore it will be much more advantageous to rub the belly with warm water, and to let him drink plentifully of tea made of elder flowers.

Another sort of cholic is that which arises from indigestion, the cause of which is either eating too much of one sort of victuals, or of such as are compounded of many materials. The symptoms of this disorder are not so well known as in some other cases, but it generally begins with a giddiness in the head, efforts to vomit, with a violent heat and thirst. The visage becomes discoloured, but there is seldom a fever, nor is the disorder at first attended with any great danger. The most proper method to be used is to give the patient warm drink, which may be composed of common or balm tea, mixed with a little sugar, or where that cannot be had, an infusion of camomile or elder flowers will answer the same end. If the patient drinks plentifully of either of these, the offensive matter will be discharged either by vomiting or purging, and the greater these discharges are, the more speedily will he find himself relieved from his complaint; but if the belly continues hard and costive, then glysters of warm-water and salt must be given him, taking care at the same time to rub
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the belly with warm cloths, which is generally of the greatest service. A disagreeable taste in the mouth often ensues after the violence of the pain has subsided, and that will be most easily removed by taking a few doses of the following powder in warm-water, or at least warm water should be drank plentifully after it. Divide an ounce of cream of tartar into eight equal pints, and take one of each every four hours.

It sometimes happens that an indigestion takes place, and the patient gradually loses his senses, his face becomes pale, and he has strong reachings to vomit. When these are the symptoms a glyster should be given, composed of salt and soap dissolved in water, and the patient should drink as much water as he possibly can, but if he cannot do that he may take the following powder: take six grains of tartar emetic, and dissolve it in three common tea-cups of water, one half of which is to be taken immediately, and if it does not operate within a quarter of an hour, then the other half must be given him. If the patient has been in a delirium, his senses begin to return when the vomiting takes place, because it brings off the impurities from the stomach, and consequently gives ease to the head. When these medicines are used there are seldom any fatal consequences follows from this disorder, but as in all

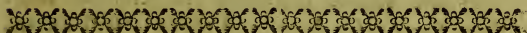
others when they are neglected it gains strength, and the patient suffers the most violent pains, and often loses his life.

The last sort of cholic to be taken notice of is, that called the bilious, which generally begins with the most violent pains, and in some cases is attended with a fever. If there is a fever, the urine is not in the least discoloured by it, but the thirst is violent, and the patient is often seized with a giddiness in the head and bitterness in the mouth. When the first symptoms begin to appear, glysters of whey and honey should be given, or if whey cannot be had let the following composition be prepared.

Take as many mallow leaves as you can hold between your thumb and two fingers, and when they are cut small pour upon them a pint of boiling water. Let it stand till it is near cool, and then add to it one ounce of honey, but if it does not operate, as it will not on some constitutions, then warm-water must be the only thing in the glyster. The patients drink should be dogs grass boiled with a little juice of lemon, or where that cannot be had orange may be used in its room, only that a little honey must be added. If the pains are extremely violent, bleeding must be used to prevent any inflammations, and no other nourishment should be given him but vegetables, or broths made of them. To all these may be
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added one cup of the following medicine which must be given him every hour.

Pour one ounce of tamarinds on a pint of boiling water, and when they have boiled a minute let the liquor be strained through a fine cloth. Flesh meats, and such as are of a heating nature should be carefully avoided, nor should the patient be allowed to drink much. It is certain this disorder is peculiar to many persons, and in most cases it may be prevented when the first symptoms appear, by giving the patient a few grains of tartar emetic.



C H A P. XVI.

Of a Looseness, &c.

THIS disorder is well known to people in general, and in some cases it is rather beneficial than hurtful, because it carries off a large quantity of corrupted matter from the body, which had it not been discharged would have occasioned many disorders, and these purgings generally strengthen the internal

parts, and make the person more lively and active than he was before. In such cases the purging ought not to be stopped, because if it is of a favourable sort it generally goes off of itself, as soon as the noxious or corrupted matter is discharged. Medicines are not necessary, only that the patient should refrain from the use of his ordinary quantity of food, and he should drink less than usual. Flesh, eggs, and wine are extremely dangerous, and he should eat things of a light and cooling nature, such as fruit pies, and drink a few glasses every day of capillaire, which is composed of the juice of lemons mixed with water and sugar.

If the disease continues to encrease more than five or six days, and there is still an inclination to purging, then it will be necessary to use some means to stop it, lest it be attended with fatal consequences. In such cases let the patient eat little, and let him take a few grains of rhubarb in warm tea every morning. To this let him add a small cup of light broth made as weak as possible. If the purging should first stop and then return, let him take the following medicine.

Take half an ounce of hard white soap shaved thin, and add to it a few leaves of mallows, pour upon them one pint and a half of boiling water, with one common glass of wine. When it has stood about half an hour let the
liquor

liquor be strained off, and taken fasting two successive mornings. This is most commonly attended with salutary effects, and the disease seldom returns till a long time afterwards, and then it may be cured in the same manner, when prudence points out the proper use of the remedies as already mentioned in this chapter. But there is another sort of looseness much more violent than the former, and that is called a bloody flux.

The bloody flux is most common in marshy wet grounds, and amongst other causes, it is often occasioned by damp night airs ; it is often communicated by infection to those who attend the patient, especially when they come very near him, and it most commonly takes place in spring and autumn ; it begins with violent pains in the bowels, and there is generally some blood to be seen in the stools, which encreases as the disease gathers strength. When the patient is seized with vomiting ; it is plain that there is an inflammation in the stomach, and that has been generally considered as one of the worst symptoms. It often happens that the bloody flux proves fatal, and that is many times occasioned by not taking proper care of the patient, especially when the first symptoms appear. It is therefore necessary that the patient be kept as clean as possible, and that his clothes be often shifted ; boiled vinegar should be poured
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on the floor of the chamber where he lays, fresh air should be frequently let in, and the excrements should be removed as soon as they come from him: The patient is most commonly dejected in his spirits, and therefore it is necessary that those who wait on him should conceal from him all apprehensions they may have of his danger, and continue to give him every reason to hope for recovery; it is necessary to wear a flannel waistcoat next the skin in order to prevent the most fatal effects of this disease; and here it is proper to observe that the person who wears such things in common during the winter, should not throw them off too suddenly even when the warm season approaches. Those who attend the patient should be much upon their guard, lest he eat any thing that may add strength to the disease, and therefore they must neither give him flesh nor fish, because both these are of a putrid nature; plain light pudding, with apples boiled in water, are extremely good, and he should drink a little water gruel; ripe fruits may be eaten either raw boiled, or baked; for although many entertain strong prejudices against the use of fruits, yet it is well known that these prejudices are intirely groundless, nor can the use of them ever be attended with any bad effects in this disorder, unless they are taken to excess, which
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may be done in the abuse of the best medicines that can be thought of.

When a glyster is given to the patient it should be made of whey, and whey is one of the best drinks that can be given him. In places or seasons when whey cannot be had, barley water may be given in room of it, mixed with tamarinds; two ounces of barley-water, with one ounce of tamarinds, boiled in two quarts of water till it is reduced to one, will be sufficient to prepare at a time, and when the stomach is not too weak the patient may drink a few cups of camomile tea, or he may drink thin water gruel.

When the first symptoms of this disease appear, a vomit of a few grains of ipecacuanha may be given the patient in a cup of camomile tea. When the vomit has operated, about half a drachm of rhubarb must be given him, and two or three grains of jesuits bark may be taken him mixed in a table spoonful of syrup of poppies. These medicines cleanse the first passages of the body, and make way for what is given afterwards to operate with the greater hopes of success. In some cases these medicines when given in proper time will effect a cure, but when that does not take place, the following must be used.

Mix a little starch with some fat mutton broth, and add to it twenty drops of liquid laudanum,

danum, make the whole up into a glyster, and give it to the patient twice in three days to keep up his spirits, and it will be necessary to give him one ounce of gum arabic, quite dissolved in a pint of barley water, over a slow fire; a table spoonful of this must be taken every hour; and if it has not the desired effect, he must take four times a day about the size of a nutmeg of japonic confection, and drink after it a tea cup full of the decoction of log-wood, about milk warm.

To prevent a relapse, which often happens, the patient must carefully abstain from all sorts of hot liquors, and only drink once or twice in the day a glass of good wine; he should live mostly on vegetables and milk, and use a little gentle exercise in the fresh air, and according to his strength, he may either walk or ride, but he must never fatigue himself too much; he may drink every day a gill of wine and water, mixed with the same quantity of milk, and if his spirits are low he may use a few bitters in a glass of wine.

C H A P. XVII.

Of the Jaundice, and the proper Method of treating it.

THIS disease like many others proceeds from a variety of causes, the most common of which are the taking of too many medicines, either to vomit or purge the body, violent agitations of the mind by grief, anger, or losses, and from colds, after a person has been cured of the ague; the first symptoms are great weariness, the white of the eye becomes yellow, and soon after the skin assumes the same colour, the urine looks pale, and the stools are whitish; the patient feels something like a load upon his breast, and likewise a great difficulty in breathing: When these symptoms appear, the patient should use a moderate share of exercise, and innocent amusements will be of great service to him; the more free the blood is kept in circulation, the better it is for the patient, because that keeps all the parts of the body in a state of activity, the want of which has often occasioned this disease. The lightest food should be given him, such as chicken broth with a little bread
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in it, or he may eat roasted apples ; cheerful conversation in the company of his friends will often prove beneficial by keeping the mind from sinking into melancholy. Music has often been of great service, so as it was not of the more solemn kind, but perhaps nothing would be better than the seeing a comedy, a farce, or even a puppet shew.

When violent pains are felt in the sides, and the patient is not too weak, he should be blooded, and then it will necessary to give him a vomit, which may be repeated if the pains continue. Nothing can be better in all cases of the jaundice, than that of keeping the stomach clean from impurities, and therefore it will be necessary to give the patient the following vomit.

Take half a drachm of ipecacuanha, and give it to the patient in the morning, after which in order to procure an evacuation, he must drink plentifully of warm water, or if that seems too nauseous he may use camomile tea ; but in all cases where vomits are taken, unless the patient drinks plentifully, they will do him more injury than service.

In order to keep the body open, by gentle purging, nothing will be of greater service than the following medicine, which can be prepared at a very trifling expence.

Take

Take one ounce of fine castile soap, two drachms of rhubarb, and the same quantity of aloes, let them be beaten together in a weak syrup, and made up into small pills, three of which must be taken twice every day: they must be continued till the patient's stools become regular, namely, when he has no less than two in a day, after which it will be needless to take any more till there is a return of the disease. Bathing in warm water has often proved serviceable in the jaundice, and what is still better, the patient ought to sit in warm water several minutes up to the breast, but let him take care not to suffer the too frequent repetition to weaken his constitution, for when he finds any symptoms of that he should immediately refrain from it. A common notion prevails among many of the vulgar, that swallowing vermin will cure the jaundice, but this is only an idle opinion, and ought to be treated with the utmost contempt: Upon the whole there is nothing equal to fresh air, moderate exercise, vomiting, and such other remedies as have been already described, for they have seldom ever failed of success.

C H A P. XVIII.

Of the Scurvy, and some other diseases seemingly of the same nature.

THE scurvy is a very loathsome disease, is most common in those countries where there is much standing water, and where the climate is extremely cold; but notwithstanding all that, the scurvy is not solely confined to such places, for it is often to be found where both the situations and the climates are different. It has been attended with many fatal consequences to sailors on long voyages, and that may serve to shew that one great cause of it is the want of cleanliness, and the frequent use of salted provisions. There are other causes which produce it, such as the want of fresh air, bad cloathing, and sometimes it is conveyed from the parent to the child.

The most common symptoms of it are, rottenness of the gums, a paleness of the face, stinking breath, bleeding at the nose, and much weariness all over the body. Sometimes ulcers break out, and the teeth rot, after which a fever comes on, attended with a bloody flux.

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When these symptoms first appear, it is necessary that the patient should have such food as will be attended with contrary effects to what were produced by the original cause. Such regulations will be of great service where the disease has been brought on by the frequent use of salted provisions; and if it has been occasioned by a sedentary life, exercise and chearful company will contribute in a great measure towards removing it. If ripe apples, and the juice of lemons, with water-creffes, and scurvy-grafs, are taken in moderate quantities, they will soon remove the scurvy. But it is the great fault of most people to leave off the use of those remedies before they have performed their proper operations. With respect to seafaring people, they should take along with them cabbages, and onions pickled, for these things will keep a long time, and are of great service in preventing as well as curing the scurvy. Cyder might be taken on board of ships as a drink for those afflicted with the scurvy; and such as are on land ought to drink in summer whey and butter-milk.

Spinnage, lettuce, and such other ingredients as compose a sallad, ought to be much used, for they have a good effect in removing all sorts of foul humours.

The next disease to the scurvy is that commonly called the king's-evil, and it is sometimes

times conveyed from the parent to the child, but more often occasioned by a variety of causes, such as the want of proper exercise, foul corrupted water, and a disregard to cleanliness, which in former times produced many diseases among the people of this island, some of which are now little known.

This disease begins to shew itself by small spots appearing under the chin, or behind the ears, and as they advance in growth they gather together into one solid lump, which discharges a most disagreeable humour; but sometimes it continues long without breaking. It is not however confined to one or two parts of the body, for it often breaks out in ulcers in the legs and arms, which are for the most part extremely difficult to cure.

When the symptoms of this disease begin to appear, the patient should be kept in fresh open air, and he should use moderate exercise. He should frequently drink a glass of wine; and his food should be chicken broth, with a little of the best bread that can be procured.

Superstition, to which the vulgar are too much subject, has induced many weak persons to believe that this disease can be cured by a charm, that is by being touched by the hand of one of the royal family. This notion took its rise in consequence of a tradition conveyed down through the dark ages of popery, that
king

king Edward the Confessor cured it in this manner, and that all his lawful successors would have power to do the same; but it happened that Edward's successor was a conqueror, no way related to him, and since his time hereditary right has been often set aside, so that, supposing this virtue lodged in one family of the descending line, it would be no easy matter to discover which that family is.

Nature often assists physic, and the disorder often goes off without the assistance of art, and therefore quacks or empirics, taking the benefit of some favourable circumstances, have frequently administered their nostrums, and the patient recovering in an ordinary way, they have frequently claimed that praise to themselves which was due only to the almighty author of their being.

One of the best remedies that has yet been found out, is bathing in salt-water during the heat of summer, and even fresh water will be useful where the patient has not an opportunity of going to sea. It is necessary at the same time to keep the body open with glisters and purging, and a few grains of the Jesuits-bark may safely be taken. Children, however, cannot take the bark, and therefore it will be proper to make up for them the following medicine. Boil one quart of water to a pint, put into it a handful of good raisins, and one
drachm

drachm of the bark, with half an ounce of liquorice root: when the whole is properly mixed, let the liquor be strained off, and a table spoonful of it given to the child three times a-day.

Upon the whole, as this disease is often conveyed from the parent to the child, people ought to take great care that they do not marry into families where they have the least reason to believe any thing of an infectious nature is to be found.

The itch is another species of this disease, and one of the most disagreeable and nauseous that ever any person was afflicted with. It may be, and frequently is communicated by infection; but it often arises from the want of cleanliness, as appears from those who live in nastiness being most afflicted with it. It begins with a violent itching, and the more the parts are rubbed or scratched, the stronger is the inclination to renew the experiment; the skin appears all over covered with white boils full of putrid matter, which often breaks out in blotches and scabs: at last, the whole mass of the blood becomes corrupted, and if such medicines are taken as serve to drive it inward, the patient will be in great danger of being afflicted with a fever, and an inflammation in the lungs.

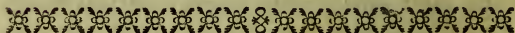
When the symptoms of this loathsome disease begin to make their first appearance, the
patient

patient should be blooded, and he should take a gentle purge to keep the body open. The body should be rubbed all over with fresh butter mixed with the flower of brimstone or sulphur, which of all other remedies has hitherto proved the most efficacious. This should be used about three times every week when the patient is going to bed, and great care should be taken to avoid catching cold. He should both morning and evening take a little of the flower of brimstone, mixed with cream of tartar and treacle, and, except his linen, he should not change his cloaths until the cure is perfected, and then they should be thrown away never to be used again. Some persons have prescribed mercury for the cure of this disease, but nothing in the world is more imprudent, for mercury is often attended with the most fatal consequences, whereas brimstone has seldom been known to fail, nor does it put the patient to any great expence.

As a preservative, nothing is better than that of persons keeping themselves clean, because the porous parts of the body are thereby kept open, and the corrupted matter is suffered to discharge itself, which, if not extracted, will settle in the passages, and turn the whole into a state of corruption. There are few instances of persons being affected with the itch who keep themselves clean, and the want of

cleanliness, as it arises in general from slothfulness, so it ought not be imputed to any cause besides that of the persons conduct who neglects in such a manner the preservation of his health.

The last thing to be taken notice of is the infection, which may be communicated by the touch, and therefore it will be necessary for every one not to touch those whose hands appear nasty, for although they may not at that time shew any signs of the disease, yet it may be concealed under the filth with which the flesh is covered, and it may occasion great trouble in consequence of a single act of inadvertency.



C H A P. XIX.

Of the Diseases peculiar to the Nerves.

NERVOUS diseases are both numerous and complicated, and they affect the mind as well as the body. It is therefore necessary that they should be treated of separately,
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in order to give every one instruction in what manner they may be most easily cured, before they arrive to such a height as to be attended with dangerous consequences. The first that engages our attention, is what is commonly called the falling-sickness, or by physicians, the epilepsy.

This disorder is attended with a total deprivation of the senses, and in some cases it happens, that it is transmitted from the parents to the children ; but there are many other causes from which it proceeds, particularly sudden frights, bad digestion, the weakening the body by unlawful pleasures, and violent blows on the head or temples ; the first symptoms of the falling sickness, are violent pains in the head, sudden starting in sleep, uneasiness all over the body, and dimness of the sight. These symptoms are followed by the fit, which is known by foaming at the mouth, the fingers are drawn inwards, and the patient is totally deprived of the use of his reason ; when the fit is over his reason begins to return, but he is seized with a total loss of memory concerning all that happened to him. There have been many superstitious notions entertained by the vulgar concerning this disease, some imputing it to the agency of evil spirits, but such ridiculous notions are treated with contempt by every person of good sense, who must know that all effects

flow from such causes as in their own nature must operate upon the human frame.

When a person has once recovered from the fit, he ought to use a little moderate exercise, but he must take great care to avoid standing on such precipices as may cause a giddiness in the head, or a disorder in the brain, which is too often the case when these precautions are not attended to. It sometimes happens that this disease proceeds from worms, and when there is reason to believe that is the cause, then proper remedies must be applied to kill those vermin: When children are afflicted with it in cutting their teeth, it will be necessary to give them glysters to keep the body open, and when these do not prove effectual, then a small blistering plaister must be laid between the shoulders. When the patient is of a strong constitution, he should be let blood; it is necessary at the same time to give him nourishing food, avoiding every thing gross, for the more light the better; and his room should have fresh air let into it: those who attend them ought to do all they can to keep their minds in a chearful frame, by giving them hopes of their recovery, and preventing them from dejections of spirit; ten or twelve grains of musk may be infused into the same quantity of cinnabar, and being made up into bolus's, one must be taken in the morning, and another in the evening; in obstinate

stinate cases it will be necessary to give the patient an electuary, composed in the following manner.

Mix one half ounce of wild valerian root, with an equal quantity of powdered tin, and one ounce of the powder of the jesuits-bark; let these be infused into a little simple syrup, and one drachm of it taken every morning and evening for the space of three months, but it may be discontinued for a few days, at a time when there is no appearance of the return of the disorder; it must not however be totally discarded, for the return of the disease is so common that it often comes upon the patient at a time when he does not so much as think of it, or apprehend that he is in any danger.

All sorts of convulsions must be treated in the same manner as the falling sickness, and to the remedies already mentioned, may be added electuary, and the frequent use of chalybeate waters. Melancholy is another disease that proceeds from the nerves, and it is well known that every person is less or more afflicted with it: Like the falling sickness it often proceeds from diseases incident to the parents, but more commonly from violent agitations of the mind, particularly such as disappointments in love, in an unreasonable desire to obtain what is not within the compass of their power to obtain, and on many occasions utterly inconsistent with

their circumstances in life. A strong attachment to unlawful pleasures, by which the human frame is weakened, may be considered as another cause of this disease, and it often proceeds from a sedentary way of living, or solitary retirement, in both of which the patient denies himself all the pleasures of innocent and agreeable company, which conduce more towards keeping up the spirits than any other thing that can be mentioned.

The first symptoms of this disease are such as point out a strange inequality of temper, the patient becomes fond of trifles, and he is generally finding fault with every thing done by those who attend him; he shuns company and seeks retirement, every thing he sees or hears gives him disgust, and he forms the most wild and extravagant notions; sometimes he imagines that he is standing on a precipice, from whence he expects every moment to fall, and at other times he imagines that his body is made of glass, and that it is in danger every moment of being broken in pieces. When these symptoms appear it is necessary that the patient should be strictly watched, otherwise there may be reason to fear that he will put an end to his own existence.

In all cases where persons are afflicted with melancholy, great care must be had to the diet of the patient, nor should he be permitted to
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eat any thing but what is of a cooling nature ; no salt meat ought to be given him, and as little flesh meat as possible, nor should they eat any sorts of shell fish, because they are apt to thicken the blood ; fruits are very useful if taken in moderate quantities, and whey is as good a drink as can be given, but where that cannot be had, the patient may drink water, or weak strong beer ; when he drinks water he may infuse into it balm leaves, or flowers of lime-trees, and where those cannot be had he may substitute penny-royal, or the root of wild valerian. It is likewise necessary that he should take as much moderate exercise as he can bear, taking care not to fatigue himself too much : were the patient to ride a few miles every day, attended by some persons to watch his motions, it would greatly tend towards promoting his recovery. If he lives near the sea, it will be of great service to take him on board a vessel to go on a short coasting voyage, for the variety of objects that will present themselves to his senses, will keep his spirits chearful, and dispel the gloom that has unhappily taken place in his mind. Before any medicines are given to the patient, he ought to be brought into a chearful frame, which may be done by telling him some agreeable stories, always taking care that nothing shall be mentioned relating to the nature of his disease. Bleeding is

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extremely

extremely necessary as well as useful, and purging remedies ought to be given him in order to keep the body open; cream of tartar, rhubarb, or manna may be given the patient, for in general such will have the same effect. When these prove ineffectual it will be necessary to give him a vomit, but unless it is composed of strong materials, it will not be attended with the desired effects, for it will be no easy matter to persuade the patient to drink warm water.

When the patient does not make urine in a regular manner, it will be necessary to give him four times a day half a drachm of purified nitre, and his drink should be mixed with an ounce of distilled vinegar. It is no easy matter to persuade patients who labour under the effects of this disease to take proper medicines, and therefore such as are given them should be made as palatable as possible. In such cases it will be necessary to give him half a drachm of nitre mixed with ten grains of camphire, which must be taken twice a day; but if it does not sit easy on the stomach, a little Russian castor may be added to it. Warm bathing is likewise sometimes necessary, and attended with success; and issues may be applied to any part of the body.

Another nervous disorder is the cramp in the stomach, and it most commonly attacks those in advanced years, who are at the same
time

time labouring under a complication of other disorders. The fit comes on so suddenly that there are seldom any previous symptoms, and when the patient has an inclination to vomit, his stomach should be cleansed with camomile tea, and large draughts of warm water. When he is costive, a glister compounded of sixty drops of liquid laudanum mixed with warm water must be given him. The stomach of the patient should have cloths laid to it that have been dipped in warm water, and when the pain is violent, a little blood ought to be taken.

The night mare is another of those diseases called nervous, the symptoms of which are something like an oppression or heavy load on the breast, which seizes the patient while he is asleep. He often thinks himself engaged with an enemy, and in general he makes various attempts to speak; his groans are often heard, and he imagines that some person is making an attempt to kill him, so that he meditates schemes to make his escape.

As this disease generally arises from bad digestion, it is necessary that he should eat the lightest sort of food, and above all things he should avoid taking heavy suppers. Regular living, and chearful conversation have generally a happy effect, and therefore the person who has been once afflicted should not give

himself up to much study. A glass of pepper-mint water when the patient goes to bed is of great service when the disorder arises from wind. Young persons who are frequently afflicted with the night-mare should have their bodies kept open by gentle purging, and they should live on vegetables, or such other things as are easy of digestion; but they ought by all means to abstain from the use of hot liquors.

The next disease of a nervous nature is what we commonly call the hiccup, and it often proceeds from excess in eating and drinking. On other occasions it proceeds from hard digestion, and then it is necessary to give the patient a glass of good wine. When it is occasioned by poison, as is often the case, the patient must drink large quantities of milk; but when there is no room to believe that it proceeds from an inflammation in the stomach, then the patient must be bled, and he must drink a cup of wine whey, with a few grains of nitre infused into it. Cloths dipped in warm water should be applied to his stomach, and a few grains of the Jesuits bark should be given him.

Sometimes the hiccup arises from corrupted matter resting on the stomach, and in such cases it will be necessary to give him a vomit. Twenty grains of musk must be
given

given to the patient made up in a bolus when the hiccup becomes violent, and a plaster of Venice treacle may be applied to the stomach. There are many other remedies that might be mentioned, but in general these will prove effectual, especially when the patient perseveres in the use of them; and on many occasions the drinking largely of small beer has cured this disorder.

Another species of nervous disorder is that which physicians call hypochondriac affections, and for the most part it attacks those who confine themselves too much to their studies, or such as by an attachment to study neglect to make use of proper exercises. There is nothing in the world tends so much towards preventing the effects of this disorder as chearful conversation, because by such means the mind is relieved from the severity of thinking, and the patient is enabled to look upon every thing that presents itself to his senses as a rational creature. Such persons as are afflicted with this disease ought to eat food of a solid and nourishing nature, and they should take care not to fast too long. They should be careful not to eat much vegetables, and they ought to drink a few glasses every day of the best claret that can be had. The cold bath may be safely used, and a voyage by sea, or a journey by land, has been attended with the most happy

effects, because by such means the mind of the patient is led to a contemplation of such a variety of objects, that he receives the most agreeable entertainment.

It sometimes happens that the body of the patient will be costive, and in such cases it will be necessary to give him a few pills made of rhubarb and aloes, as often as there are obstructions in the passages. He may also drink a chearful glass of wine; but he must take great care that nothing is taken to excess, for every thing of that nature becomes hurtful.

Lowness of spirits is another species of nervous diseases, and it is well known that many persons are afflicted with it. This disorder often arises from poring too much over the affairs of human life, and by creating imaginary fears, while there is but little reason to expect that real ones will ever take place. There are some persons naturally subject to melancholy, but by far the greatest number who bring lowness of spirits upon themselves are those who seclude themselves from society, and spend their time in solitude. A Gothic structure, or an ancient grove in a wood, equally promote all the effects of this disorder; and from that circumstance alone we may learn that man was formed for society.

A few grains of the Jesuits bark may be given the patient in a little cinnamon; but
nothing

nothing is so good as moderate exercise, such as riding or walking. Strong liquors, and every kind of excess should be carefully avoided, for every thing of that nature weakens the stomach; but the patient may drink moderately of the best wine, so as he takes care to converse with agreeable company. It is a melancholy reflection to find that many persons who are afflicted with lowness of spirits have recourse to strong liquors, in order to keep their minds in a chearful frame; but nothing can be more pernicious, because it first deprives them of their reason, and in the end occasions their death.

Hysteric afflictions is another of those disorders that arise from the nerves, and they are most peculiar to women who are of a delicate frame. It generally begins with a lowness of the spirits, and sometimes by the violence of passion, such as joy, hope, fear or grief. When the patient is strong, bleeding is necessary; but it must not be used when the constitution is tender and delicate. When the fit comes on it is necessary that feathers should be burnt, and the fumes infused into the nostrils; or hartshorn may be applied with the same effects. When the body is costive it will be necessary to give the patient a glister; and nothing can be more proper than an attention to the diet, which must consist of milk and vegetables;
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and in some cases the cold bath will be useful. Fresh air is also necessary, and the patient should spend much of his or her time in cheerful company, because that tends towards keeping the spirits in the most lively frame.

With respect to remedies the bark may be taken in small quantities so as the stomach will receive it, but if the stomach is overcharged then it will be necessary to give the patient a vomit, and it should be repeated from time to time till the desired effects are produced. When the body is costive it must be kept open by gentle purges or glysters. When this disease seizes women they are often afflicted with cramps in different parts of the body, and in such cases it will be necessary to apply blisters. Bathing in warm water will have the same effect when the disease is not violent. Several spurious remedies have been applied in this disorder, but it is well known that they can have no effect except upon a disordered imagination, where the patients often imagine themselves perfectly cured while the malady is raging with the utmost violence.

Wind is in general the cause of many nervous disorders, and this arises from the patients not taking proper exercise to keep his body in temperment. Roots of ginger and juniper berries are of great use in expelling this disorder,

der, but it often happens that these prove ineffectual. In such cases it will be necessary to make up the following external application, which must be made use of.

Take two drachms of oil of mint, half an ounce of oil of mace, with one ounce of Bate's anodyne balsam. Mix them together, and let a table spoonful of the contents be rubbed on the stomach when the patient goes to bed. The best drink is a glass of wine mixed with a little brandy or rum, but great care must be taken that it is not drank to excess. But after all nothing is equal to exercise, such as riding or walking in company with an agreeable friend, but the patient ought not to indulge himself with lolling in a chariot or a post chaise, which often produce the seeds of many disorders.

Many persons are afflicted with swoonings, and these generally proceed from disorders in the nerves, and those who are of weak and delicate constitutions are most subject to them. The causes by which this disorder is produced are violent agitations of the mind, or sudden transitions from heat or cold. Long fasting, with the loss of blood, are often productive of the same effects, and therefore it is necessary when a person has been long in the cold and comes into a warm room, that he should not
 drink

drink any thing hot except in very small quantities, till the body has been brought into a proper state to receive such sort of nourishment.

When such precautions have been neglected it will be necessary to remove the patient into a room, where there is a free circulation of air, and his hands should be sprinkled with vinegar, and if he can swallow a little of it mixed with water it will be much better. In many cases this remedy will remove the whole of the complaint, but if it proves ineffectual then he must be blooded, and glysters must be administered in order to keep the body open. When the patient is first seized with trembling, it is most proper to take him into the open air and rub his temples with vinegar or brandy, for in most cases each will have the same effect. Burnt feathers or spirits of hartshorn held under the nose will also be of great service, and those who attend him should endeavour to make him swallow a little wine. The food of the patient should consist of the most nourishing broths, and these should be mixed with wine whey to enable him to take them with the greater pleasure. When the fit is over he should not be disturbed, but suffered to remain at rest till his spirits are recruited, after which he may drink of balm tea, or
warm

warm lemonade, which generally are of great service.

The last disorder called nervous is the palsy, and it becomes more or less dangerous according to the parts of the body that are affected with it. Drunkenness is one of the causes which produce the palsy, but there are many others, such as damp air, wounds of the brain, want of exercise, sudden and violent passions, with the immoderate use of tea, which although in its own nature innocent when taken in moderation, yet becomes extremely hurtful to some constitutions, and to all who use it to excess. When the patient is young and strong, he ought to be blooded and have glysters administered in order to keep his body open; but if he is advanced in years, his diet must consist of such things as are warm, such as mustard, horse-radish, and his drink should be a little water mixed with brandy. It sometimes happens that the tongue is affected more than any other part of the body, and in such cases it is necessary to take a little mustard and brandy, or where that cannot be had the patient may put a little bit of sugar in his mouth that has been dipped in lavender water. When these remedies are not attended with the desired effects, it will be necessary to give him a drachm of the jessuits

suits bark in a glass of wine at least three times a day. The valerian root may be used with equal safety, but nothing is better than a little exercise, because it keeps the whole body in motion.



C H A P. XX.

Of the Asthma and the Apoplexy.

THE asthma is one of those diseases which in the end is generally attended with a consumption, and brings on a dissolution of the whole frame. People advanced in years are most commonly subject to it, but still it is not confined to any age, for the youngest are often seized with it. Like many other disorders it is often transferred from the parent to the child, and in such cases it is extremely difficult to cure. The other causes by which it is produced are numerous, but the principal are excessive labour, violent exercise, which is often done out of a vain bravado, and sometimes it arises from violent passions in the mind.

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The most common symptoms are a great difficulty of breathing, want of sleep, a cough, and a heaviness about the breast. These are succeeded by violent pains in the head, which generally bring on a fever, and towards night the patient grows much worse than he was during the preceding day.

When these symptoms appear, it will be proper to give the patient such meats as are of the most easy digestion, such as the flesh of young animals boiled, for he must not taste any thing that has been roasted. He may eat light boiled pudding, and such fruits as have been boiled or baked may be taken with great safety, and likewise with considerable success. He should not drink any strong liquors, his supper should be extremely light, and when he finds himself costive he should make use of the most easy purging medicines. Great care should be taken to keep him warm, especially in the winter season, and therefore he should wear a warm flannel waistcoat, and shoes that will prevent any sort of damp from coming to his feet.

When a person is afflicted with the asthma, he should be kept in warm pure air, and those who are obliged to be in town all day ought to sleep out of it at night, and to walk out into the heat during the summer season as often

often as possible, because that has generally a considerable effect towards removing the disorder, and exercise at the same time becomes extremely useful. That his health may be gradually established he ought to ride a few hours every day on horseback or in a carriage, but in all cases of that nature he must take care not to exert his strength too much, lest the proposed remedy defeat its own intentions. When the patient is extremely ill his feet should be bathed in warm water, and afterwards it will be necessary to rub them with a dry flannel cloth. Bleeding is necessary, unless the patient is extremely weak, in which cases it becomes hurtful, and it is sometimes necessary to give him a vomit.

Under this head the next disorder to be taken notice of is the apoplexy, which has often proved fatal to many, and perhaps will do so to the end of time. There are many causes from which this disorder proceeds, but the most common are violent agitations of the mind, occasioned by an excess of love, anger, or fear.

The most common symptoms by which it is known are the loss of memory, giddiness in the head, and a continual sound in the ears. When these symptoms appear it will be necessary to bleed the patient, and put him upon
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the most slender diet. Every method should be used to keep him cool, and fresh air should be admitted into his chamber. While he lays in bed his head should rest on a high pillow, and if his stocking has not been taken off, his garter should be tied extremely tight, for by such means the blood will be prevented from rising to the head from the lower part. In such cases where the disorder is violent, it will be necessary to give him a glyster composed of sweet oil, or fresh butter, and a blistering plaister ought to be applied to the hollow part between his shoulders. The same blisters should be applied to the calves of the legs, and they ought to be repeated till such time as they are attended with the desired success. When the fit is over, and the patient begins to recover the use of his reason, he ought to drink whey mixed with a little cream of tartar, or he may take a dose of glauber salts dissolved in tea or water. He ought not to drink any spirituous liquors, because they tend towards stupifying the brain, nor should any thing be given him that may bring the blood towards the head. It is not necessary to bleed the patient above once, nor should vomits be given except in cases of extreme necessity. Strong balm tea is of considerable service, but if the patient has an inclination to sweating he should drink wine whey. If the body
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is kept in a gentle sweat for a considerable time, the disorder is generally carried off, and this is generally known by the florid appearance of the countenance. It sometimes happens that the pulse beats strong, the blood vessels are swelled up, and the patient is seized with vomitings, but these symptoms are seldom attended with any dangerous consequences, if treated according to the rules here laid down.

It often happens that apoplexies arise from an immoderate use of opium, to which many persons accustom themselves without considering the dangerous consequences that in the end may result from such a practice. In all cases of that nature it is necessary to give the patient a vomit, and if it operates in a proper manner, the causes of the disorder are generally removed, and the poison in consequence being discharged, he is restored to his former state of health: he forgets the pains with which he was afflicted, and the strength of his constitution gradually returns. There are many persons who have the seeds of this disorder in their natural constitutions, and such ought to live as sparingly as possible; they should not drink any strong liquors, nor should they eat of meats that have been seasoned with spices; they should guard against the extremes of heat and cold, and they should take great care not to suffer their minds to be agitated by
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the violence of turbulent passions; the patients head should be shaved, and every morning it will be necessary to wash it with cold water, because that causes perspiration, and great care should be taken to keep the feet warm; when the feet have been some time wet they should be carefully dried, and warm flannel cloths should be applied to them.

To prevent the return of this disorder it is necessary that a little blood be taken every spring and fall, and moderate exercise should be attended to, because that keeps the body in a proper state of activity; issues may be applied in every stage of this disorder, for it seldom happen, but they are attended with the most salutary effects; but when they begin to dry up they ought to be renewed from time to time. Persons who are subject to fits of the apoplexy, should never eat too heavy suppers, but they should retire to rest with an appetite rather unsatisfied than overcharged. They ought to take great care that their heads do not lay too low, nor should they wear any thing light about their heads, a fault which many persons are often guilty of.

It is well known that many persons seized with apoplectic fits are often cut off suddenly, before they have an opportunity of applying for proper remedies; but as this is not always the case, if the above rules are attended to,

to, the lives of many valuable persons will be restored, and a return of the disorder prevented at a very small expence. The principal thing to be attended to is the first symptoms of the disorder, and if these are properly treated, the malignancy will soon lose its force, and by a perseverance in the use of the medicines prescribed, there will be little reason to fear that ever it will return. Let this be attended to by every one who would wish well to the preservation of their health, and in consequence thereof sudden deaths will be often avoided.



C H A P. XXI.

Of the Gout and Rhumatism.

THE gout is one of those disorders that has often mocked the power of medicine, and in vain have thousands of remedies in some cases been administered, in order to procure relief for the patient. It is remarkable that in general it attacks the rich rather than the poor, but

but still we meet with many exceptions, for some poor persons have been afflicted with it as well as rich ones; it is often occasioned by excess in eating or drinking, without a proper share of exercise to keep the body in motion; and this is one of the reasons why the rich are so much subject to it. It is frequently occasioned by severe study, sitting up late in the evenings, and the use of such acid liquors as tend to hinder perspiration; in some cases it is transmitted from the parent to the child, but that seldom happens, nor is it an easy matter to distinguish when it is.

There are a variety of symptoms by which its approach is pointed out, the principal of which are the following, and they ought to be attended to as soon as possible, for when a disorder is properly treated of in the first instance, the cure is much more happily effected than when it is suffered to gain ground: Drowsiness, indigestion, violent head-achs, vomitings and sicknesses, are the first symptoms that point out the approach of the gout, and the patient often imagines he feels something like cold water running down from his thighs to his legs. After these symptoms, he is generally seized with pains in some parts of the legs or feet, such as the ankle, the heel, or the great toe; the pain then becomes intolerable and continues to increase to such

a degree that he is afraid of any one coming near him. The smaller bones in the legs and feet seem as if rubbed together, and the patient is in such agony that he thinks himself in a burning flame. It often happens that the first fit continues the space of twenty four hours, after which the parts affected begin to swell and emit a sort of moisture or sweat, and then the patient having slept a little becomes much easier than before: It generally happens that the pain is most violent towards the evening, and becomes easier in the morning, but its approaches are not always regular, some coming on suddenly, and others gradually, and progressively, so that it will often continue a whole week before it arrives at the height.

In order to preserve a person from the gout and to cure him when he is afflicted with it, nothing can be more necessary than to attend to what is given him in the way of nourishment, for hitherto no medicine has been discovered that can fully remove the evil complained of; his food as well as his drink should be according to the nature of his constitution, and consistent with the way in which he lived before he was afflicted with this most violent disorder.

Young persons who are of strong healthy constitutions should have the lightest diet that can be procured, and their drink should be extremely simple, but as few young persons are
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troubled with the gout, so this will seldom be found necessary. On the other hand where the patient has been accustomed to live high, and his constitution has become much weakened, some part of his usual food must be given him, and to keep up his spirits he must drink a glass of good wine, in which he ought to take a few grains of spirits of hartshorn; when he goes to bed in the evening he should drink a little wine-whey mixed with a tea spoonful of the tincture of guaiacum, which will contribute greatly towards promoting his rest; his legs should be kept wrapped up in wool or thick flannel cloths, because either of these will tend much towards his recovery, nor should these wrappings be taken off while the pain continues. If wool is used, it will be necessary to have a little grease rubbed on it, and the patient should not be disturbed by too much company, because every thing that affects the spirits tends towards throwing the disorder upon the more vital parts of the body; nature must not be stopped, but allowed its free exercises, and therefore every thing applied externally to drive the disorder inward, is attended with fatal consequences. In cases where the patient suffers so much that he cannot procure rest when he goes to bed, he may take thirty drops of laudanum, which will procure him a

gentle sleep and tend much towards his recovery.

Much regard is to be had to the state of the patient after his recovery from the fit, for although the violence of the pain may seem to have subsided, yet there is reason to fear that it will return unless such things are given him as will in the end restore him to the same state of health and strength as he was in before; he should begin with gentle exercise, such as riding on horseback a few miles every day, when the weather will permit, and he should drink a little wine, in which has been infused a few grains of the jesuits bark, with the same quantity of orange peel, and Virginia snake root.

But after all that has been said nothing tends more towards preventing persons being afflicted with the gout, than temperance and moderate exercise; nay, it often happens that these will prevent its return. The first fit has much weakened the body, and therefore supper should be taken early in the evening, and the patient should not only go soon to bed, but also get up betimes in the morning; he ought not study too much, and any more than two or three glasses of wine in the evening will prove hurtful to him. During the spring season he ought to take a few doses of rhubarb in the morning, and it will be of great service if he mixes therewith a little stomach bitters, such

such as have been distilled from camomile flowers, burdock root, or tea made of trefoil. Blisters, may likewise be applied with great safety, but they are only proper for those who are far advanced in years, and such indeed are most commonly afflicted with the gout.

It often happens that the gout seizes the head and the lungs, and in such cases it is necessary that the legs be frequently bathed in warm water, in order to bring the disease downward, and fix it in the feet. The feet should be blooded, and blisters should be applied to the thighs, ancles, and calves of the legs. The patient should carefully avoid catching cold, which may easily be done if he attends properly to the obligations he is under to do all that lies in his power towards preserving his health. Burgundy wine mixed with cinnamon, and sometimes a little brandy or rum should be given to the patient when the gout affects the stomach; and if he has a strong inclination to vomit, he should drink warm water, or camomile tea, because that will in a great measure remove the impurities that serve to encrease his pain. Upon the whole, those who have never had the gout should take great care to live in such a manner as to prevent its ever attacking them, and in such cases nothing is better than sobriety: and much the same may be said of those who have been afflicted

with it, who should on all occasions watch the symptoms so as to prevent the return by taking it in time before it has acquired too much strength.

The rheumatism is another disease which in many cases has a strong affinity to the gout, with this difference, that it affects all ranks of people in general at different times of life. This disease, in common with many others, arises from a variety of causes, such as sudden colds, or sitting long with wet cloaths: damp beds often produce it, and it is frequently the effect of persons suffering their feet to remain wet when they have not been accustomed to it. All sudden transitions from heat to cold are extremely dangerous, and then if a person is one half of the day employed in working over a fire, and during the other half exposed to the cold, he seldom escapes being afflicted with this disorder. It is often occasioned by the too frequent use of unlawful pleasures, to which many of our unthinking youth are slaves, and in such cases it brings on a consumption that puts an end to their lives, at a time when they might have been of great service to society. This circumstance alone should have great weight with those, who forgetting the dictates of natural reason, plunge themselves into all sorts of immoralities, and destroy those bodies which the author of nature gave them

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in order to enable them to enjoy the comforts of life, and discharge the duties of that station in which divine providence has seen proper to place them. It is true, the rheumatism is often felt by the poor and the indigent, who are generally ill fed and worse cloathed, and such persons are great objects of compassion, because they cannot afford to pay a physician, and therefore this part of the work is in a particular manner written for their use, that they may be able to assist themselves.

The first symptoms of this disease are pains which continue to fly from one part of the body to the other, and they generally begin with a weariness and shivering, and in such cases it will be necessary to take a little blood from the patient. Glisters should be administered, and the body should be kept open by gentle purgings. He should eat roasted apples, chicken broth, and every thing that is light in digestion, but nothing strong should be given him; water-gruel, and wine-whcy with a little cream of tartar may be given him to drink; and, when the pain has abated, it will be necessary for the patient to keep his bed till he finds his strength beginning to return. The warm bath is extremely useful, but where that cannot be had, the patient should be rubbed with flannel cloths dipped in warm water, and great care should be taken

that he does not catch cold afterwards. The more simple the diet is, the better it will be for the patient, and therefore most sorts of fruits, either boiled, roasted, or baked, will prove useful; and although he should often drink water gruel, yet if it is in the proper season whey will be much better, but the whey should be drank when the patient goes to bed, and it should be mixed with a tea spoonful of the volatile tincture of gum guaiacum.

When this has been continued a week, and the pain is not removed, then it will be necessary to apply a blister to the part affected, or the following medicine will have the same effect.

Mix two drachms of blistering plaister with one ounce of gum plaister, and let them be melted together over a gentle fire, and when it is applied to the parts affected, let it be changed once every week, always taking care that the body be kept open.

It often happens, that at the first application of remedies they prove ineffectual, but this should not discourage the patient, because it is his duty to persist in the use of them till he has at least some hopes of his recovery. Such medicines as have been already prescribed, may be used with great success by those who have had the rheumatism, and at the same time, though not afflicted with it, have reason
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to fear that it will return. When the disorder is not very severe, it may be kept under, and sometimes avoided, by taking a table spoonful of the flower of mustard in a glass of wine two or three times a day ; and there are many plants, such as ground-ivy and camomile, that will have the same effect ; but then it will be necessary to continue the use of them for a considerable time, otherwise the patient has no right to expect that his disorder will be removed. It is the want of proper care in the use of most remedies that defeats their intention, and therefore every patient ought to study that it is his duty to conduct himself with resignation, and keep his mind in a state of tranquillity. It often happens that persons afflicted with the scurvy are seized with the rheumatism, and it is not much to be wondered at, for in many patients they proceed from the same causes, and must be cured by the same means and remedies.

C H A P. XXII.

Of the Dropsy.

THERE are different sorts of dropsies, but they are all occasioned by watery humours which bring on a swelling of the body, and sometimes are conveyed from the parents to the children ; but still there are many who bring this disorder upon themselves by idleness, and an excessive attachment to drinking strong liquors. Another cause by which it is produced, is the drinking cold water in large quantities, after the body has been heated by labour, and there has been a plentiful discharge of sweat. In some cases it is the effect of other diseases, such as the ague, and violent colds, caught by wearing damp cloaths : The symptoms by which the approach of the dropsy is known, are for the most part the following. The patient is seized with a swelling of his legs in the evening, which generally disappears in the morning, but returns regularly, and gradually advances upwards to the more vital parts of the body ; he evacuates but little urine, and finds a great difficulty in breathing ; he is most commonly afflicted with a slow wasting fever,

fever, which enervates the body, and sometimes with a very troublesome cough. It often happens that the dropſy proves fatal, eſpecially to thoſe who are advanced in years, but with reſpect to the young, it is not attended with ſuch danger, if proper care is taken of the patient. When the firſt ſymptoms appear, the patient ſhould abſtain as much as poſſible from all ſorts of drink, except ſuch as have acids mixed with them, and there is nothing better than muſtard whey, with the juice of oranges, or lemons, and where theſe cannot be had, the juice of ſorrel will in a great meaſure answer the ſame end..

The ſame care ſhould be uſed with reſpect to what he eats, for the whole of his food ſhould be dry, ſuch as the fleſh of wild fowls well roasted, together with a ſufficient quantity of vegetables, ſuch as garlic, onions, muſtard, horſe radish, or ſhalot. A little ſea biſcuit dipped in wine or brandy, will alſo be of great ſervice to him, becauſe it reſreſhes the body, while at the ſame time it quenches the thirſt, and upon the whole the patient will be much better in conſequence of his refraining from all ſorts of liquors as much as poſſibly he can.

It is neceſſary at the ſame time that he ſhould uſe as much exerciſe in a moderate manner as his ſtrength will permit, ſuch as walking, or riding on horſeback, but if he is

too weak for either of these, he may ride out in a carriage. In the country, and where the patient cannot have the use of a carriage, it will be of great service to him to dig a few hours every day in his garden, or if he has not one, he may make use of any other labour or exercise he thinks proper, so that he takes it in moderation, and does not expose himself to the cold or rain; he ought always to lay on a hard bed, and his apartment should be kept dry, because that promotes perspiration, and tends much towards perfecting his recovery. Instead of linen he should wear flannel next his skin, and his body should be rubbed at least once every day either with a brush or a hard cloth. Such is the regular course that should be attended to by the patient, and by those who have the care of him while he is ill, but as it will often happen that there will be a necessity to make use of medicines, proper ones must be made choice of according to the following directions, which have seldom ever failed of being attended with the most beneficial consequences.

The first thing proper to be given to the patient, who is of a strong constitution, is a vomit, a purge, or such other medicines as promote a large discharge of urine. Half an ounce of oxymel of squills, mixed with half a drachm of ipecacuanha, will make a good vomit for a
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grown person, and it may be taken if necessary, twice every day, during one week. The patient, however, must not drink any thing besides a single cup of camomile tea, which will be sufficient to make the vomit operate, for were he to drink large quantities of water, as in many other disorders, it would rather increase than allay the rigor of the pain ; it would serve to nourish the disease, and while he thought he was procuring relief, he would be only plunging himself into greater misery.

When the vomits are not attended with the desired effect, which may sometimes happen, then it will be necessary that the patient take the following purge : Two drachms of cream of tartar mixed with half a drachm of jalap in powder, and six grains of calomel ; these being properly mixed, let them be made up into a bolus, with syrup of roses, and taken as soon as he awakes in the morning. A little chicken broth may be drank during the day, but he must as far as possible abstain from all sorts of spirituous or even weak liquors. It will likewise be necessary when he goes to bed in the evening, to give him the following medicine, and it may be taken with safety, whether the other has operated or not. Mix with five grains of camphire, one grain of opium, and as much syrup of orange peel as will make a bolus, and the patient should drink plentifully

fully of wine-whey, mixed with spirits of hartshorn: This medicine is generally of very great service, and it may be taken in the day as well as in the night, because it will not interfere with the operations of any other medicine whatever which the patient may have occasion to take at the same time.

When the above medicines do not produce the desired end, some others must be used, particularly the following, which may be taken three times every day.

Take half a pound of ashes of broom, half an ounce of horse radish, with the same quantities of juniper berries, and mustard seed. When the whole are properly mixed, let them be infused into a quart of Rhenish wine, and when it has stood two days, let the liquor be strained off, and given one tea cup full at a time to the patient.

The last remedy to be mentioned for the cure of this disease is tapping, which might be done with safety, and attended with the most beneficial consequences, were it taken in proper time; but some persons are so much infatuated that they defer it till it is too late, and in such cases there is but little reason to hope for relief. Many persons are afraid of being tapped, but these fears are altogether unnecessary, for no danger can attend the operation, while it is performed by skilful hands. When the
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patient has been tapped, it will be necessary to give him some strengthening medicines, such as the jesuits bark, or the elixir of vitrol, mixed with rhubarb, and the whole infused in wine, or wine-whey. As soon as his strength will permit he should use a little moderate exercise, and keep the porous parts of the body open, by rubbing the skin with a flesh brush; the most dry and nourishing victuals should be given him, such as toasted bread mixed in wine, and the flesh that he eats should be roasted more than ordinary, so as to extract from it all those juices that may in the least contribute towards nourishing the disorder. If these rules are properly attended to, the dropfy will seldom prove fatal, except in such cases where the bad habit of body, and the weakness of the constitution, mock the power of medicine; but probably this will seldom happen, when people pay a proper regard to their health.

C H A P. XXIII.

Of Costiveness and such other Disorders as are its immediate effects, and the most proper Methods of treating them.

IT is remarkable that although many persons of all ages and stations are often afflicted with costiveness, yet they either pay little regard to it, or they neglect to attend to the symptoms, till such times as all sorts of medicines can operate only in the weakest manner. There are many causes by which costiveness is produced, such as a violent heat in the liver, or the drinking of liquors that have been made from fruits not properly ripened. The first symptoms of this disorder are frequent pains in the head, pains in the bowels, and vomitings, but this only happens when the disorder is violent, or at least when it indicates that it will be violent when it arises to the utmost height. The best food for persons when these symptoms appear is stewed pruens, boiled apples or pears, with broths that have had leeks and other sorts of pot herbs boiled in them. Spinnage is likewise extremely useful, because it keeps the body open,
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and the best bread that can be given is that which has been made of rye, or of rye and wheat flour mixed together. The person who is costive should not eat any bread made of the finest wheat flour, because that will increase his disorder instead of affording him any relief, and therefore where rye bread cannot be had he should eat such as has been made of the coarsest flour that can be had. At the same time he should take care that the coarse flour is cleansed from all sorts of impurities, because it is too common with avaritious men to suffer it to be adulterated, by which means the health of the patient is endangered.

Persons too much addicted to study are for the most part afflicted with costiveness, and therefore nothing can be more serviceable towards keeping the body free from it than exercise and fresh air. The body should not be kept too warm, the patient should get up in the morning as early as possible, and he should frequent such company as will keep his mind in a chearful frame, because that will in a great measure prevent him from the effects of the disease. His drink should be of an opening nature, such as whey, butter milk, and fine malt liquors, so as they are taken in a moderate manner. It often happens that the body will still remain costive, although the patient lives in this regular manner, and in such cases in
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order to keep the parts open it will be necessary for him to take two or three doses of rhubarb every week while he finds that his stools are not as regular as usual. When the rhubarb does not operate so as to give ease to the patient, he may take half an ounce of fenna or manna dissolved in a pint of water gruel, and he may drink water gruel from time to time while the medicine continues to operate, which will seldom exceed the space of one day.

Want of appetite is one of the disorders that arises from a foulness in the stomach, and consequently from costiveness or the want of proper digestion. The causes by which foulness of the stomach is produced are anxiety of mind, too much use of fat broths, neglect of moderate exercise, and sitting too long in rooms where there is not a fresh circulation of air. In all cases of this nature, there is nothing can contribute so much towards the health of the patient as fresh air, and moderate exercises, such as walking into the fields, riding on horseback, or any thing that can keep the body in a regular state of activity, without injuring its organs, which will always be the case when exercise is turned into labour.

When the disorder continues to remain on the stomach, it will be necessary to give the patient a vomit, and a gentle purge of rhubarb may be given him at the same time, because
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the one will co-operate with the other, and both will contribute towards promoting a recovery. The purges given him should not be strong, and he ought frequently to drink Lisbon wine mixed with a little bitters, which seldom fails of cleansing the stomach. In these disorders of the stomach no remedies can be better than the following, especially when it seems to be obstinately fixed. Take twenty drops of the elixir of vitrol, with two grains of the Jesuits bark, and when they are mixed together let them be infused into a glass of wine or water, and a tea spoonful taken once every day.

There is another disorder arising from costiveness, and a foulness of the stomach, which is commonly called the heart-burn, although it has no connection with that organ of the human body, for it is occasioned by the want of digestion, and some corrupted matter lodging on a part of the stomach, which often causes the most acute pains. The first symptoms are something like a violent pain on the stomach, as if a fire was burning within the internal parts of the body, and the patient is so much afflicted that he cannot with pleasure taste any food. In such cases where these symptoms appear, he should not drink any stale liquors, but should accustom himself to exercise as much as is consistent with the nature of his strength.

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It often happens that this disorder proceeds from weakness of the stomach, and in all such cases the best means to be used are those that promote digestion. A few grains of the bark may be taken in a glass of wine, or any sorts of bitters will have the same effect. At the same time he should take care to repeat the use of rhubarb in gentle doses three times a week, which will keep his body open, and extract all the impurities from his stomach.

It sometimes happens that the heart-burn, as it is commonly called, arises from a variety of humours, and in such cases it will be necessary to give the patient a cup of tea mixed with a tea spoonful of sweet nitre: but when he has accustomed himself to eating fat meat, or any sort of luscious food, a glass of brandy is the best thing that can be given him. When the disorder arises from sourness in the stomach, the following composition must be given to the patient. Take one ounce of chalk finely powdered, a quarter of an ounce of gum-arabic, with half an ounce of fine sugar; let the whole be mixed in a quart of water, and a tea spoonful may be taken as often as he chuses. It will sometimes happen that a person afflicted with the heart-burn will have the utmost aversion to the use of chalk, and in such cases they should take a little of the powder of crabs eyes, or oysters shells in a glass

glafs of cinnamon or mint pepper water. There is another medicine which ought to be attended to in this diforder, and that is *magnesia alba*, and it may be taken in a large tea cup full of mint water three times in the day. During the operation of thefe medicines the patient ought to take large quantities of juniper berries, ginger, or any thing elfe of an aromatic nature; or if he does not chufe to chew them, he may fteep them in fpirits of wine, and drink a fmall quantity of the liquor. Many perfons afflicted with the heart-burn have been cured in confequence of drinking an infufion of rhubarb, with a little cardamon feeds, into a pint of brandy; when this has flood two days let it be ftrained off, and four ounces of fugar candy added to it: when the fugar has been diffolved, let a table fpoonful of it be given to the patient as often as he thinks proper to take it, and this will contribute more towards his recovery than any thing that has been hitherto prefcribed, and many perfons by fuch prudent methods will enjoy the benefits of health at an eafy expence.

C H A P. XXIV.

*Of Bleeding at the Nose, Spitting of Blood,
Bloody Urine, and Vomiting of Blood.*

IT has been found by experience that bleeding at the nose is often attended with the most salutary effects; but great care should be taken to discover the causes from whence it proceeds, for that will naturally lead to the right application of proper medicines. It is often occasioned by the body being overcharged with blood; and in such cases the symptoms are dimness of sight, quickness of the pulse, and most commonly the nostrils are seized with a violent itching. Bleeding at the nose should not be stopped when the person is in perfect health, unless there may be reason to fear that it will weaken his natural strength: but when he becomes sick or faint, then he ought to be set upright in a chair, and his legs bathed in water not warmer than new milk; his head should be suffered to recline a little, his garters should be tied more tight than usual, but they must be loosened gradually as the bleeding begins to stop, and a little dry lint may be put into his nostrils. In most cases

cases this method will answer the end; but when it fails, then it will be necessary to dip the lint in brandy or spirits of wine, and put some of it up the nostrils. Sometimes it will be found necessary to give the patient internal medicines, but that seldom happens, because it requires more time for them to operate than is consistent with the nature of the disease. Several of these remedies have been pointed out by the most eminent physicians, amongst which the following will be found the most efficacious, being very simple in their own nature, and not attended with any danger, unless those who have the care of the patient neglect the rules here laid down.

Take five ounces of barley water, and dissolve in it half an ounce of manna, and the same quantity of Glauber salts; let the whole be taken in one draught, and if it does not operate within four hours, then it must be repeated. During the intervals between taking the draught and the beginning of the operation, if the stomach of the patient will bear it, he should drink a glass of cold water every hour with a few grains of nitre and a little vinegar infused into it.

When the disorder still continues, it will be necessary to use a medicine more strong than the former, and therefore the following has been tried with considerable success. Mix
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with a tea cupful of the tincture of roses fifteen drops of the spirit of vitrol, and let it be taken every hour.

When these medicines have had the desired effect by stopping the bleeding, the patient should not be suffered to pinch his nose; he should lie with his head as low as possible, nor should he be disturbed with company or noise. Some persons are much more subject to this disorder of bleeding at the nose than others, and such, to prevent its too frequent return, should frequently bathe their feet in warm water, and sometimes they ought to take a cooling purge of Glauber salts. A vegetable diet is by far the best for those who have much blood; but when the blood is thin, he ought to eat rich broths, and drink wine, with a few grains of the Jesuits bark infused into it.

Spitting of blood is another disorder to which many persons are subject, and it is often occasioned by a too violent exertion of the body in wrestling, running, or singing. Excessive drinking is another cause from which it often proceeds; and sometimes it is occasioned by weakness in the lungs, or any thing that obstructs the proper circulation.

This disorder is most commonly known by the following symptoms, such as hoarseness, a difficulty of breathing, an oppression of the breast, and a tickling cough, all which give the

the patient very great uneasiness. Sometimes he is seized with pains in the back and loins, costiveness, and coldness of the extremities, which most commonly produce a large discharge of the blood. Persons of delicate constitutions are most affected by spitting of blood, but it is seldom attended with any great danger to those who are otherwise in good health. When the first symptoms make their appearance, those who attend the patient should do all they can to keep his mind from being agitated by violent passions, and his food should be boiled rice or barley, or any thing low, and all sorts of strong liquors must be carefully avoided. The best drink that can be given him is barley water, whey, or buttermilk, and they must be all drank cold. He should not keep any thing tight about his body, and when he speaks it should be as low as possible, for silence is of great service in promoting his recovery. Great care must be taken to keep the belly open, by giving him boiled prunes, or roasted apples. When he becomes feverish it will be necessary to bleed him, and he may take a few grains of nitre in his drink two or three times a day. Juice of lemons or oranges may be mixed with his drink, because that sharpens it, and makes it more beneficial than it would be were such precautions neglected.

When he is troubled with a cough, which often happens, he should take each day three or four ounces of the conserve of roses made up into an electuary, with a few drops of syrup of poppies. Lastly, let him keep himself as cool and easy as possible, and if he persists in that practice, he may expect that his recovery will soon be completed.

The piles is another of those disorders which naturally comes under this head, and it is often communicated from the parent to the child, but more frequently it is the effect of an inactive life, and living in too voluptuous a manner. There are many other causes by which it is produced, such as violent passions of the mind, costiveness, high seasoned food, neglect of bleeding, and the drinking large quantities of sweet wines. A moderate discharge of blood in this disorder is seldom dangerous, but when it continues so long as to weaken the strength of the patient, then it will be necessary to use proper remedies. The most cooling diet should be given him, such as vegetables, weak broths, or milk mixed with a little bread, and he should drink orange whey or a decoction of marsh-mallow roots. Four ounces of the conserve of roses mixed with milk may be taken in equal parts four times a day; but the patient must persist in the use of it for some time, or he will not reap any benefit

nefit from it. When the diforder continues, the patient fhould take four times every day for a week half a dram of the Jefuits bark in a glafs of red wine mixed with fix drops of the elixir of vitriol. When the bleeding piles return regularly, which is generally once in three or four weeks, they ought not to be ftopped left the body be injured thereby, which is too often the cafe.

There is another fpecies of this diforder called the blind piles, and it is known by the fwelling of the parts without any difcharge of blood, although it is often extremely troublefome to the patient. When the firft fymptoms begin to appear he fhould eat the moft light and cooling food, and his body fhould be kept open by gentle dofes of cream of tartar mixed with brimftone: they fhould be mixed in equal quantities, and a tea fpoonful may be taken three or four times a day.

A glyfter has frequently been of great fervice, but as it often happens that it cannot be injected, then it will be neceffary to give him a vomit, and he muft drink plentifully of warm water, or camomile tea. It fometimes happens that the patient is put to the moft extreme pain, becaufe of the fwelling of the parts, without any difcharge, and in that cafe he muft fit over a veffel filled with warm water, and he may apply a poultice of bread and milk, or he may

dip a linen cloth in warm spirits of wine, and apply it to the parts affected. It is common to apply leeches to the piles in order to procure a discharge of the blood, but when they prove ineffectual, then it will be necessary to open the parts affected with a lancet: When the pain is extremely violent, two ounces of emollient ointment, must be mixed with half an ounce of liquid laudanum, and the yolk of an egg, and these being properly mixed, may be applied as an external remedy. Bloody urine is another disorder, which although too much neglected, yet for want of being properly attended to has proved fatal to many; it proceeds from a variety of cases, such as the carrying of too heavy burdens, or any violent motions of the body; sometimes it is owing to a stone in the kidneys, and then it is attended with the most excruciating pains; when there is an ulcer in the urinary passage, the blood is mixed with corrupted matter, but when it flows from an excess of blood, a moderate evacuation is attended with the most beneficial consequences, but care must be taken that the patients strength be not too much exhausted, lest it should bring on a consumption, the dropsy, or many other disorders, which co-operating together, often become too strong to be eradicated by all the power of medicine: With respect to the particular treatment of this disorder,

der, it must be conducted with prudence, consistent with the nature of the causes by which it is produced, which will be found to vary in many instances.

When there is an appearance of an inflammation, the belly should be kept open by gentle purges of cream of tartar, manna, or rhubarb: It will likewise be necessary to give the patient a glyster, and when the pain continues to encrease, which is most commonly a symptom that there is an ulcer in the kidneys or the bladder, his food should be light, and he should drink the following decoction.

Take two ounces of gum arabic, half an ounce of pure nitre, half an ounce of liquorice, and three ounces of marsh-mallow roots, put these into two quarts of water, and boil it till it is reduced to one; let the liquor be strained off, and a tea cup full of it taken four-times a day; when the patient begins to suffer much from the loss of blood, it will be necessary to give him the following medicine; take one pound of fresh burnt lime, and pour upon it two gallons of water, when it has stood about two hours, strain the liquor through paper, and then close it up in an earthen vessel two days; when it has stood so long, let four ounces of it be mixed with half an ounce of the tincture of jesuits-bark, and taken in four equal parts, as many times in the day.

C H A P. XXV.

Of the Gravel and Stone, and some other Disorders of the Bladder and Kidneys.

THE gravel is occasioned by small stones lodging in the kidneys, and when one of these stones falls into the bladder, and accumulates new matter so as to hinder it from passing through, then the patient is said to have the stone, and the pain arising from it, is extremely acute. The causes by which this disorder is produced are extremely numerous, but the principal are the following. A sedentary life and too strong an attachment to study, living in too luxurious a manner, and drinking large quantities of rich wines; sometimes it is the effect of the gout or rheumatism, and it is frequently occasioned by lying on soft beds, and by drinking waters that have been impregnated with small particles of gravel.

The symptoms by which its approach is most commonly known, are violent pains in the loins, bloody urine, frequent vomitings and sickness; if there is a stone in the bladder, the urine comes away by small drops, and often stops a considerable time, after which there is frequently

frequently a plentiful discharge, but it is attended with great pain. When these symptoms appear, the patient should abstain from all sorts of salt meats, sour fruits, and every thing that is of a windy nature; his food should be mostly vegetables, such as carrots, turnips, potatoes, spinnage, leeks and cellery; he should drink barley-water, whey, butter-milk, or the decoction of marsh-mallows; he ought to use a little gentle exercise, but must not suffer his body to be violently agitated, and therefore he should not ride much on horseback. When these methods are properly attended to in the first commencement of the disease, the patient will be soon relieved, but if they are neglected then there will be a necessity for the use of medicines. When the patient is fully convinced in his own mind that there is a stone formed in the bladder, he should drink a pint of lime water, prepared in the following manner, every morning three hours before breakfast.

Pour two gallons of water upon one pound of fresh burnt lime, and when it has stood an hour, let the liquor be strained through paper, and kept close in an earthen vessel two days; it may then be taken as directed above, and it will either dissolve the stone or prevent its growth for the future, by which the patient will receive considerable relief; it will be necessary to repeat the use of lime water from time

to time, because perseverance generally promotes a cure, which can never be effected when the patient is negligent.

There is another medicine which has been attended with very beneficial consequences in dissolving the stone in the bladder, namely the swallowing one ounce of Alicant soap made into three doses, as many times every day while the pain continues, and after each dose let him drink a pint of lime water made according to the former direction. One dose of the soap should be taken before breakfast, a second at noon, and the third about seven in the evening. When the patient finds any alleviation of his pain by the means of the soap, he should persevere in the use of it a considerable time. Where the patient has not an opportunity of procuring the remedies here prescribed, he may take the seed of wild currants sweetened with a little honey, or he may drink a decoction of raw coffee berries mixed with ten drachms of the spirit of nitre.

When there is a violent suppression of the urine, the patient should be bled consistent with the nature of his strength, because that serves to abate the severity of the fever, by lessening the force of the circulation, and relaxing such parts as had been obstructed. It will be necessary to bathe the parts affected with warm water, in which ought to be infused the
decoction

decoction of cammomile flowers, or any other sorts of mild vegetables. The body must be kept open by gentle purges of senna or manna, and when these prove ineffectual then a glyster must be applied. His food should be light, and a few drops of nitre with a drachm of Castile soap should be frequently mixed with his drink. He ought to live in the most temperate manner and use a little moderate exercise, and if there be no inflammations he may drink gin mixed with water, but must not mix any acid with it. He should by all means detach himself from study, and instead of confining himself up in a close chamber walk frequently out into the air, because that keeps the body in a proper temperament, and tends towards promoting his recovery.

The last disorder to be taken notice of under this head, is what is commonly called a diabetes, which is no other than a frequent and excessive discharge of urine, most common to persons far advanced in life, for the young and healthy are seldom afflicted with it. It is often occasioned by violent drinking, and it frequently seizes those who have spent much part of their time in laborious employments. It is often brought on by drinking too great quantities of mineral waters, for many persons are foolish enough to imagine, that let them drink these waters in ever such large quantities they

cannot do them any harm, whereas the contrary is sure to take place. The most common symptoms of this disorder are the following. The urine exceeds all the liquid food taken by the patient, and is generally of a palish colour without any disagreeable smell. The patient complain of a violent heat in his mouth, he becomes feverish, he has a continual thirst, and his spittle has a frothy appearance. He loses his appetite, his strength begins to fail, and his flesh wastes away till he is little better than a skeleton. If these symptoms are properly attended to, the patient may be cured with little trouble, and therefore it is necessary that he should confine himself to the following regimen. His food should be wholesome and solid, such as the flesh of young animals, shell-fish or vegetables. He may drink Bristol or lime water, and where these cannot be had he should take the following decoction.

Take two ounces of pure chalk in powder, with half an ounce of gum arabic. Mix these in three pints of water, and let it boil into one, after which it must be strained off, and a little sugar added to it; of which the patient may take two or three glasses every day while the pain continues.

He should lay upon a hard bed and use moderate exercise, but he ought carefully to abstain from every thing that puts the body into too violent

violent a motion. A strengthening plaister may be applied to his back, and he should wear flannel next his skin, with a girdle about his loins.

The most gentle purges should be given to him, such as rhubarb infused into wine, in order to keep the belly open, but it must be taken in small quantities at a time. But the most useful medicine that he can take must be composed of the following materials. Take half a drachm of what is commonly called dragons blood, and the same quantity of allum melted in a crucible. Let these be infused into a tincture of roses, and a tea spoonful of it taken twice a day while the pain continues. To prepare the tincture of roses the following receipt must be attended to ; take one ounce of red roses cleaned and dried, two ounces of white sugar, one drachm of the spirit of vitriol, and infuse the whole into two pints of boiling water. When it has stood four hours let the liquor be strained through a cloth, and a little acid mixed with it. When the patients stomach is so weak that he cannot take allum, then he may instead of it use a little whey to soften the taste of the allum, and take about four ounces of it three times a day ; when the circulation is strong, it will be necessary to take ten drops of liquid laudanum, in any sort of drink that the patient uses, three times a

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day, or he may take a drachm of the jesuits bark in a glass of claret, instead of the other. There are many other species of what is commonly called the diabetes, but as they all depend upon such as have been already mentioned, so the remedies prescribed will in most cases tend towards promoting a cure. In youth it is easily cured, but when the patient is advanced in years, all that can be done is only to give him ease and prolong his life as far as is consistent with human nature.



C H A P. XXVI.

Of Diseases of the Stomach and the Bowels.

THESE diseases are various, and they flow from a variety of causes, all of which ought to be attended to with the strictest care, otherwise the best remedies will be rendered ineffectual, nor will any beneficial consequences flow from them. Vomitings are one of them, and are generally occasioned by a violent looseness being too suddenly stopped,

stopped, and sometimes by the stomach being overcharged with food that is not agreeable to the patient, nor consistent with the nature of his constitution. They sometimes proceed from violent exercises, of the body, such as riding and other exercises. The passions produce the same effects, for such is the nature of the human frame, that the passions of the mind, and the agitations of the body equally co-operate with each other. Vomiting is often occasioned by a foul stomach, but in such cases it is sure to be attended with the most beneficial consequences to the patient, because it then becomes a remedy instead of a disease. When the symptoms point out that the stomach is foul, the patient should drink plentifully of warm water, and if that has not the desired effect he must drink cammomile tea, after he has taken a few drachms of ipecacuanha. Bitters are extremely useful when vomitings arise from weakness of the stomach, and the body should be kept open by gentle purges of rhubarb, and a few grains of the jesuits bark taken in a glass of red wine. When the mind has been so much agitated as to occasion vomiting, then the patient should be kept as quiet as possible, and those who visit him should not in conversation introduce any subject that may in the least discompose his faculties, or disorder his

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his mind, because that is generally attended with the most fatal consequences.

It will be necessary from time to time to give him some refreshing cordials, such as a little brandy and water, or a glass of negus, if he should prefer that to the other. When the vomiting has for sometime subsided, and the patient has any reason to fear that it will return, he should refrain from all sorts of violent exercise, lest the body should be put into too much motion. He should not eat any thing that is hard of digestion, such as flesh meats impregnated with salts, but at the same time he may feed on common nourishing food, without confining himself to a vegetable diet. When the vomiting becomes violent, it will be necessary for him to take a draught composed of the following materials. Dissolve one drachm of tartar in an ounce and a half of lemon juice, mixed with half an ounce of white sugar, and an ounce of pepper-mint and an ounce of cinnamon water. Let one glass of this be taken every three hours while the vomiting continues, and in the mean time let the stomach and belly of the patient be bathed with warm water. If a little brandy is infused into the water, it will be of considerable service, nor should it be neglected unless in such cases where it cannot be procured. With re-
spect

spect to internal medicines, the best that can be pointed out are spices and aromatic herbs. There is nothing has a greater effect in the cure of disorders of the stomach than aromatic herbs, which seem to have been created by the Divine Being, in order to alleviate the sufferings of his creatures. The antients never made use of any other remedies, and were the moderns to attend to them more than they do, there is reason to believe that many of the disorders would be eradicated under which we now labour.

Looseness is another disease which ought to be treated of in this chapter; and the causes by which it is produced are various in different persons, according to their natural constitutions, and these must be treated of in proper order. When persons are much over-heated, and drink immoderate quantities of stagnated water, a looseness generally follows; but where, as in some parts of the country, the water is unwholesome, a little powdered chalk may be mixed with it, and moderate draughts ought only to be taken. Persons whose stomachs are weak should refrain from violent exercise after dinner, and drink a few glasses of red port, which will prevent their being afflicted with looseness; but when it takes place they ought to drink some white wine, with a few grains of the Jesuits bark infused into it.

Cold

Cold is another cause from which looseness often proceeds, and in such cases the patient should be kept warm, his feet and legs should be bathed in warm water, and he should wear flannel next his skin. When a looseness proceeds from any violent passions or agitations of the mind, ten drops of laudanum may be taken in tea made of penny-royal, one cup of which should be taken twice every day till he begins to find himself better, and his friends should entertain him with such delightful and comical stories as will keep his spirits in a chearful frame; and prevent him from thinking too much of his disorder.

Looseness often proceeds from worms, and in such cases a little filed tin or pewter must be given the patient in a cup of treacle, and afterwards he must take a few doses of rhubarb or lime-water, either of which will be of considerable service, because such medicines strengthen the internal parts, and prevent the worms from breeding again; a circumstance that ought always to be attended to, because of the pernicious effects that may otherwise take place. The symptoms that serve to point out that a looseness is occasioned by worms are, sliminess in the stools, mixed with pieces of worms that have been voided, and sometimes with a great number of small living ones.

When

When a patient has been improperly treated while afflicted with the gout, a looseness generally follows, and then it should not be stopped, but promoted by gentle doses of rhubarb, and the drink should be warm wine whey mixed with a few drops of spirits of hartshorn. Sometimes persons receive into their stomachs poisonous substances in their food, and in that case they should drink large draughts of fat broth. But if there is such a pain in the bowels as to induce him to believe that an inflammation will take place, then bleeding will be necessary, and he should take a few doses of laudanum.

There is another species of looseness called *periodical*, because it returns at stated times, and to this children are often subject. When the child is griped with violent pains, a few grains of rhubarb should be given him in a cup of magnesia alba, and in most cases four doses will be sufficient.

The last thing to be attended to is to enquire how far it is necessary to administer vomits to one who is afflicted with looseness. It is certain that vomits cleanse the stomach, by carrying off all the corrupted particles that have settled upon it; and therefore when a looseness proceeds from excessive eating or drinking, nothing can be more beneficial. The best vomit that can be given is half a drachm of ipecacuanha in powder, and on the third day after the vomit
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he should take a gentle dose of rhubarb, which may be repeated four times without any danger. His food should be light, and such as is of easy digestion, and he should drink nothing besides barley water, whey, or water-gruel. A looseness should never be stopped, unless it weakens the body, but that will seldom happen, if the rules already laid down are properly attended to.



C H A P. XXVII.

Of the Disorders of the Senses, and the Methods of treating them.

THE Senses, so necessary to the human frame, are subject to many diseases, and they are soon put out of their natural order, which is in some measure owing to their fine texture, which considered in its utmost extent, points out an infinitely wise God, who, by means that we are not able to comprehend, conveys to us the sight, taste, smell, and feeling of different objects, while we are regaled and cheared by the most delightful sounds of vocal or instrumental music.

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The senses are five in number, viz. seeing, hearing, smelling, tasting, and feeling, each of which must be treated of in their proper order.

The sight is that which first deserves our notice, because it is subject to more diseases than any of the others, and they are generally more difficult to cure. There are many causes that naturally produce disorders in the eyes, such as looking too long on bright objects, or keeping the head for a considerable time in a declining posture: all sorts of debauchery may likewise be numbered among the causes, and none is more pernicious than excessive venery, which is always sure to enervate the sight, and bring on a long train of painful disorders. The small-pox, the measles, long fasting, and frequent heats and colds are often very pernicious, and excessive drinking seldom fails to produce the same effects. The studious are often subject to weakness and pains in their eyes, because they sit up late reading by candle light, and in consequence thereof many of them feel the infirmities of old age coming on before they have enjoyed the innocent pleasures of youth.

Many of the diseases of the eyes are attended with inflammations, and in such cases the patient must abstain from all sorts of spiritous liquors, and drink only what is cooling, such as wine whey, or small beer. Great part of
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his food should be vegetables, or any thing that is of a light and easy digestion, and he should abstain from all sorts of immoderate exercise, because that tends to keep up the inflammation, and has much the same effect on the body as drinking to excess, or any thing else that is of an irregular nature, occasioned by the want of prudence.

Issues are of great service in preventing and removing the disorders of the eyes, and therefore it is necessary that every person afflicted with those disorders should have at least one issue in a proper place in their body : but if an issue is disagreeable, they may use a plaister of Burgundy pitch between the shoulders, which is generally attended with very good effects.

Inflammations in the eyes are generally known by spots, and these frequently appear after the small-pox or measles, and are so difficult to cure, that in many cases the patient has been totally deprived of his sight. If the spots appear thin, then it will be necessary to anoint them with the juice of celandine two or three times in the day, which in many cases will give the patient ease, and by perseverance promote his recovery.

Watery eyes are always the effect of weakness, and in such cases the parts affected should be bathed with brandy and water, or a little rose-water, with a few drops of vitrol dissolved

solved in it. The feet should be bathed in warm water, blisters should be applied to the neck, and gentle purges should be given to carry off all the offensive matter. When the eye appears red, or, as it is commonly called, blood-shot, a soft poultice should be applied, a little blood may be taken, and the body should be kept open by gentle purges. The food should be light and easy of digestion, so as not to sit too long upon the stomach.

With respect to what we call squinting, it is generally occasioned by looking irregularly at different objects, and as there is seldom any cure for it, parents ought to attend to the nursing their children as much as possible.

With respect to short-sightedness, nothing is more proper than to use glasses, which must be less or more concave or convex as they will suit the patient: but if he is young when he begins to use them, he ought to take great care that they do not magnify too much, because that will make the eyes much more weak than they were before. There are several other disorders of the eyes, but as most of them are less or more connected with the foregoing, so they must be treated in the manner already prescribed, except where they are so violent, and attended with such a complication of difficulties as to require the assistance of a surgeon, but these cases seldom happen, nor are they
often

often attended with beneficial consequences. It is necessary, however, that the patient should avoid having any connection with quacks, who, although they make the boldest pretences, yet are for the most part ignorant fellows, who know nothing of what they profess, and may be considered as pests of human society, rioting on the mistaken benevolence of the vulgar, who are too often the dupes of their superior cunning.

The ear, or hearing, is the next of the senses that comes under our consideration, and there are many causes by which it is frequently hurt, such as excessive colds, violent noise, or to an obstruction in the formation of the ear itself, which often happens. Sometimes deafness is the effect of old age, because in the decline of life the moisture is dried up, and there are little hopes of a cure, because nature sinks under the operation before any beneficial consequences can be promoted.

When deafness proceeds from cold, the patient should be kept warm, especially in the night, his feet should be bathed with warm water, and he should take gentle purges of rhubarb; but if it proceeds from wax sticking in the ears, then sweet oil must be dropped into them, and sometimes warm water mixed with a little milk. Half an ounce of the oil of sweet almonds is extremely useful when deafness
arises

arises from dryness in the ears, and when a few drops of it have been poured into the ear when the patient goes to bed, it should be stopped up with a little cotton. Where sweet oil cannot be had, a thin slice of fat bacon may be put into the ear, and in most cases it is generally attended with very good effects; but when neither of the above prove effectual, then it will be necessary to use an issue.

The lower classes of people often use remedies for deafness which are seldom attended with any good effects; but they ought to remember that none of the senses should be tampered with, because the least unskilful management may in the end defeat the powers of the most useful medicines. Nothing can contribute so much towards preventing deafness as keeping the head warm; and therefore those who neglect the use of so simple a remedy are altogether inexcusable.

The third sense is taste, which, together with smelling, enables us to relish all the sweetness of such things as are designed for food, or produced by nature, such as herbs, flowers, &c. It is certain that the taste may be injured by that which was designed to give it pleasure, namely, luxury, in the dressing of food in such a manner as to deprive the person who eats it of all knowledge concerning the natural taste of the victuals thus dressed up.

There

There are many causes which tend towards corrupting the taste, such as obstinate colds, especially such as affect the head, and then the patient should wash his mouth in the morning with water mixed with vinegar and honey, or any other thing that is pleasant and palatable.

When the taste is bitter a vomit should be given, and at the same time a gentle purge of rhubarb will be of considerable service. When there is reason to believe that the taste arises from putrid humours, then it will be necessary to use acids, such as the juice of lemons, oranges, or any thing of that nature. Horseradish is of great use when chewed by those whose sense of taste has been so much diminished that they can scarce know the difference between the meats that are dressed up to them.

The fourth sense is smelling, and as we receive much pleasure by it, so we ought to leave nothing undone to preserve it in a proper state of vigour. Tender in the whole of its formation it may be easily injured; and immoderate quantities of snuff generally prove hurtful to it. When there is too much moisture in the nose, which often happens, then it will be necessary to put some gum-mastic or oil of almonds into it; but when the nose is dry, then it will be proper to snuff up the vapours or fumes of vinegar, in which a red hot iron has been dipped.

ped. Snuffs made of British herbs which promote sneezing are extremely useful, especially in such cases where the organs are so much weakened as to want stimulation. In all cases where disorders arise from venereal complaints mercury must be used, and the most light food must be taken. The ulcer ought to be washed from time to time, and the forehead should be anointed with balsam of Peru mixed with a few grains of oil of amber. When the sense of smelling is once lost, it is seldom recovered afterwards: but if these methods are attended to, all the effects complained of may be avoided, and the patient may enjoy the use of that valuable sense till he arrives at a state of old age when the enjoyments of life will begin to pall upon the appetite.

Feeling, or touching, is the fifth and last of the senses, to be mentioned, and although many persons may be lead to consider it as not so beneficial to man as the others, yet it certainly has its uses, and was contrived by infinite wisdom as necessary to promote the happiness of men in this world. There are many causes by which this delicate sense may be injured, such as disorders in the brain, extreme cold, or too great a degree of sensibility. Fear, or other violent emotions of the mind, have most commonly the same effect, and therefore regularity in living, and an unblemished conduct

duct of life ought to be attended to, for peace of mind and a fixed tranquillity under all the dispensations of providence will preserve the body from many diseases, especially such as arise from disorders in the senses. When a person finds himself deprived in any degree whatever of the sense of feeling, he should make use of such gentle purges as cannot be attended with any dangerous consequences, such as rhubarb, which is extremely useful. Fresh nettles rubbed upon the skin, and drops of hartshorn in a glass of camomile tea will in most cases promote the recovery of the patient; but where these fail it will be necessary to make use of the warm bath, at least twice in the day, particularly mornings and evenings; or where there is not an opportunity of procuring a bath, the patient's legs may be bathed in warm water at home, and common blistering plaisters should be applied, so as they do not contribute to weaken the body too much by a frequent repetition.

C H A P. XXVIII.

Of the Cancer.

THE cancer is one of the most loathsome disorders to which the human body is subject, and the causes by which it is produced are extremely numerous. Women are more frequently subject to it than men, on account of gross habits of body, and it is often occasioned by violent agitations of the mind. Food that is hard of digestion, when eaten in large quantities, is often productive of this disorder, and sometimes it is occasioned by a taint communicated from the parent to the child.

The symptoms of this disorder are extremely difficult to be understood at first, but as they ripen to maturity they are more easily known. The first symptom is a hard lump arising on the skin, and it often continues to increase before the patient has the least suspicion of any danger. When it begins to increase the colour of the skin changes from red to purple, and at last to black, and then the patient complains of the most intolerable pain. After this the skin breaks, and a nauseous humour issues from it, and the parts affected have all the ap-

pearance of ulcers, and a nauseous stench arises from them. The strength of the patient becomes daily exhausted by a continual fever, which if not properly attended to often proves fatal. He should not be suffered to eat any sorts of salted provisions, nor such as have been highly seasoned, and he should take as much exercise as he can. His food should be light and refreshing, and the parts affected should be covered with fur or flannel, and all sorts of external air should be prevented from coming into his apartment. His mind should be kept chearful by the most agreeable company, and he should take great care that he does not receive any external injury, either by accidents or by any other violent means whatever, all of which are too common.

The cancer is of such a nature that there is no certainty with respect to the medicines that are proper to be used, because they vary according to different circumstances in the constitutions of different persons. Many persons, especially women, endeavour to conceal it too long, and so prevent medicines having their proper effects, whereas had it been taken in time all these evils would have been remedied, and the disorder itself removed before it arose to an incurable height. Some of the most learned physicians in the present age have prescribed hemlock, which before was looked
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upon as a poisonous weed, and therefore there is still a necessity of taking it with a great deal of caution. Two or three grains should be taken at a time at first, and they should be gradually increased from time to time according to the strength of the patient, and this should be continued till there appears some hopes of his recovery. While the patient is using the hemlock, he should drink a little wine, and his room should be kept as airy as possible, nor should he accustom himself to too much exercise. It is certain, however, that the hemlock cannot always cure the cancer, although it has done so in many cases, and therefore whether it is used or not, nothing is more necessary than to keep the wound clean from all sorts of impurities. A poultice made of boiled carrots in water will be extremely useful, and it must be applied to the sore at least twice every day, because it takes away the impurities, and removes the nauseous disagreeable smell which always attends this disorder, and makes the patient loathsome to all those who are obliged to attend him.

It is necessary that great care should be had with respect to what the patient drinks, during the time that he is struggling under the effects of this dreadful malady, and the most skilful in the cure of diseases have recommended wort, of which three pints may be taken at dif-

ferent times in one day, and it should be frequently repeated, otherwise it will not be attended with any beneficial consequences, because the disorder is in its own nature too obstinate to be hastily removed. Issues being fixed near the cancer may be of considerable service, and they ought always to be tried, because they cannot do any harm. When the patient labours under the extremity of pain, by which his life becomes miserable, it will be necessary to give him a few grains of opium to compose him to rest. This, however, will not cure the disease immediately, but it will give him ease from the agonies under which he then struggles. Wholesome food is of great service in preventing the effects of this fatal disease, and the mind ought to be kept cheerful and serene. Great care should be taken that the patient does not receive any injury from blows or pressures, and moderate exercise will prove extremely useful, because it serves to keep the body in a proper state with respect to the use of the different parts. The last thing to be attended to is, that in the use of all the medicines and even food recommended for the prevention or cure of this disorder, none of them will be of any service unless they are persevered in for a considerable time, and patience in that case is the most approved means that can be used.

C H A P. XXIX.

Of such Medicines as are generally taken to prevent Diseases, or to allay the Fury of the Malignity when the Symptoms make their first Appearance.

IT is certain that some persons tamper too much with medicines, without any apparent necessity, while others neglect them when the use of them might be attended with very happy consequences. It is criminal to use them when not wanted, and equally so to omit them when necessary. Many diseases have been prevented by taking proper medicines, when there was reason to fear that the symptoms were beginning to appear, and such symptoms may be more easily known than most persons imagine. The first and most common preventive is bleeding, which is necessary in all cases where there is reason to fear an inflammation, and likewise when the body is too much overcharged with blood, or when there are any fresh wounds. When pregnant women are afflicted with violent coughs, bleeding is extremely necessary, because it prevents many diseases to which they would otherwise

be subject. Bleeding likewise becomes necessary when the body is afflicted with stitches or any violent pains that seem to be occasioned by wind, or by too immoderate exercises, such as running, leaping, or any thing else of the same nature.

If a person lives on the most delicious food, and at the same time drinks the most luscious wines without using proper exercise, but sleeps much and is often costive, there is great reason to fear that such person has too much blood. People in the country who for the most part are accustomed to exercise, are seldom troubled with too much blood, except during the winter when the inclemency of the season confines them often at home. Many of the labouring people in the country live on the coarsest food, and use more vegetables than those who reside in town, so that their blood cannot be supposed to be subject to inflammations, because it is kept much more thin and cooling than those who live in a more luxurious manner, especially on flesh meats and rich wines. The most common symptoms of the body's being overcharged with blood are the following; a florid lively ruddiness, and a strong pulse with an appearance of the veins being swelled, and an unusual costiveness. The patient is often fatigued after the most moderate

derate exercises, and has such a dejection of spirits as seem to resemble fainting fits. Swimmings in the head, especially when it is bowed down, or soon after he rises from bed. A violent itching all over the body, with more heat than usual, and unusual pains in the head, to which he has not been subject, at least for any length of time: to which may be added that all these symptoms return in the most irregular manner.

It is however necessary that every one should take notice, that not one of these symptoms alone can warrant them to believe that there is an excess of blood; for unless there is a general concurrence of the greatest number put together, there is reason to believe that the disorder proceeds from some other cause. But when all, or the greatest part of these symptoms appear, then bleeding will be necessary; nor will it be any way dangerous to the patient if it is repeated twice, and it is not material in what part of the body the vein is opened. On the other hand it is necessary to observe that there are some conditions, and circumstances attending them where bleeding must not be practised.

A person well advanced in years, or such as have been rendered weak by sickness, or by accidents, must by no means be bled in consequence of the appearance of any of the above symptoms. It should also be avoided

when the pulse is weak, the skin pale, and when the limbs and extremities of the body are cold and seemingly puffed up. When the patient has been much weakened by looseness, or too much urine, when the digestion is bad and the stomach disordered, bleeding is then hurtful, for in such cases if he is blooded in a plentiful manner, instead of being attended with good effects, it often rivets the disease, and proves in the end fatal.

There is not a greater error that people can fall into than bleeding merely for a whim, or because they see it practised by others without any apparent necessity. They seldom consider the consequences that may flow from a conduct of so imprudent a nature; for by such methods, the body is too much weakened, and the seeds of disorders are often sown, which otherwise would never have taken place. If a man is grown up, the most moderate quantity of blood that can be taken from him is about ten ounces, and they should by all means confine themselves to light diet, such as vegetables and fruit; their drink should be water with a crust of bread in it, and their feet should be bathed in warm water every morning and evening. They should not be suffered to sleep long, and they should take moderate exercise. Some medicines are likewise proper, especially the following, which may be easily prepared. Take
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of elder flowers as much as can be held between the thumb and two of the fingers, add to them one ounce of vinegar, and two ounces of honey ; put them into an earthen porringer, and pour upon them two quarts of boiling water ; when the whole has been stirred about till the honey is dissolved, let the porringer be closed up till the liquor is cold, and then strain it through a clean linen cloth. Three or four cups of this drank in a day will be sufficient, and it generally proves of great service to the patient.

When the patient's feet are bathed in the mornings and evenings, let him take one ounce of powdered nitre, and divide it into sixteen equal doses, one of which must be taken at a time.

Purges are another of those medicines which are called preventive, because they prevent diseases, especially when they are taken in a proper manner. There are no means more proper for emptying the body from impurities than purging ; for although vomits are sometimes necessary, yet they generally throw the patient into too violent agitations, which may prove hurtful to those of weak constitutions. Nothing can be more natural and easy than to promote evacuations by purging, for it is in every respect consistent with the state of the human frame, and is much more easy for the

patient than any thing that can be thought of. Nature seems to have pointed out this remedy, and therefore it ought to be used previous to any thing more violent.

The most common symptoms by which the necessity of purging is pointed out are the following, and they ought to be all considered deliberately, and attended to with care. Pains in the head and stomach, drowsiness after meat, irregular stools, an obstinate costiveness, frequent cholics, and a pulse less regular and more weak than usual; are symptoms that always indicate the necessity of purging. To these may be added, the vomiting of bitter matter, a heaviness in the stomach, ill humour, peevishness, restless melancholy, and a strong inclination to vomiting, particularly in the morning; but this must not be applied to the case of pregnant women. The patient is generally afflicted with want of appetite, which gradually arises without a fever, the tongue becomes furred, and every thing is disagreeable to the taste.

When these symptoms, or the greatest part of them appear, a gentle purge becomes extremely necessary; but they should not be given when the patient is weak, nor when there is such a degree of heat as indicates that an inflammation is likely to take place. When purging has not been attended with the desired effects,

effects, it will be necessary to give the patient a vomit, but then it must be cautiously avoided in all the following cases.

No vomits should be given to those who appear to be too much overcharged with blood, because the pain attending the discharge augments the force of the circulation. In such cases the vessels would be liable to break, which must prove fatal, as it has in many instances. Vomits should never be given to persons afflicted with ruptures, nor to such as are subject to bleeding at the nose, vomiting of blood, nor women that are with child. When the purging continues so long that the body is exhausted, the following medicine will be extremely necessary.

Infuse into a pint of barley water as many leaves of mallows as can be held between the thumb and two of the fingers, and let it be given to the patient in a glister, for by these means the severity of the pain will be in a great measure removed; and his drink should be as rich as possible.

The legs of the patient should be bathed in warm water, with a little Venice treacle dissolved in it, and they should be gently rubbed with dry flannels, and a morsel of the same treacle may be taken about the size of a common nutmeg. When the stools are excessive, and there is no real apprehension of a fever,
 purges

purges should not be too frequently repeated, because in such cases they are sure to bring on weakness, and the patient labours under the infirmities of old age at a time when perhaps his years have not exceeded thirty.

It is a custom much in use for persons afflicted with pains in their stomach to take medicines infused in brandy, spirits of wine, or such liquors as are commonly drank; but this practice is always dangerous, for although such persons may imagine that they have received immediate relief, yet the stomach is generally weakened, food is taken with disgust, and the digestion becomes very irregular. The same danger attends the frequent drinking of drams, than which nothing is more common, nor is any thing more pernicious to those who become slaves to such an irregular and unnecessary practice. When it appears that there is a necessity for either purges or vomits to be given, the patient should deny himself his ordinary share of daily food, either by eating less at each meal, or by eating two meals instead of three. He should never neglect to use the most vigorous exercise, and he should eat the most plain and simple food, because all others that are too luscious, become hurtful, and nourishes the disease instead of curing it.

When the patient is not feverish, the following medicine will be an exceeding good vomit.

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Mix with thirty grains of cream of tartar, the same quantity of jalap and of fenna, and let it be given to him in a cup of cammomile tea.

But in all other cases the following medicines must be used as vomits. Take thirty-five grains of ipecacuanha, or six grains of tartar emetic, and let him drink plentifully of warm water; but he should never drink after the vomit till it begins to work. The body should be prepared for the reception of the vomit, by taking very little food for at least twenty-four hours before, and camomile flowers should always be infused into the water that is drank. Such are the most proper methods to be used of a preventive nature; but after all, let the reader attend to the following serious advice.

Nothing contributes so much towards preserving health as moderation and the avoiding of all manner of excess, especially in eating and drinking. It is too common for people to eat and drink more than is consistent with the nature of their health, and in consequence of that imprudent part of their conduct they lay the foundation for many diseases that are not eradicated but by the greatest efforts of skill and industry. Sobriety in general cures maladies, and keeps the body in a proper temperament; but where people cannot be persuaded

to act consistent with reason, then the use of the medicines, and an attention to the regimen here laid down, will be of considerable service, and give immediate relief to those whose imprudence has brought them under the power of diseases.



C H A P. XXX.

Of the Diseases of the Throat.

THERE are many diseases to which the throat is subject; but the most dangerous of them are such as arise from inflammations, and these are produced by a variety of causes, many of which are but too little attended to till it is too late, or at least till the patient is so much afflicted that his life becomes extremely painful. The most common symptoms of an inflammation of the throat are the following, namely, a shivering all over the body, attended with a more than ordinary heat; violent head-achs, the urine becomes yellow, and the patient is often incapable of swallowing
any

any thing. He is afflicted with such violent pains that the mouth and the throat seem to be in a flame, and there is a great difficulty in breathing. These symptoms are generally most dangerous ; but there are others which are far from being equally so, especially when they affect any of the exterior parts of the body. Sometimes indeed the symptoms of this disease shift from the internal to the external parts, and in such cases the breast becomes red, and the patient begins to find himself much better ; but when the pain flies from the throat to the brain, then there is great reason to apprehend danger, for then it generally becomes fatal, though by right management there have been many instances to the contrary. When it affects the brain there is generally less or more of a delirium, which wears off in consequence of cooling medicines being given.

Whenever this disease takes place, and the pain continues to be confined to the throat, then there is always a great difficulty of swallowing any sorts of food, and this generally deprives the patient of sleep. It is very common in this species of the disease for the patient to be afflicted with a fever, and sometimes it becomes so strong that a delirium takes place. When the delirium subsides there is a shivering all over the body, which often continues for several hours, and is generally succeeded

ceeded by pains in the head, and a more than ordinary degree of heat. In most cases the fever is violent in the evening, and in the morning it begins to subside, and the shivering takes place; but sometimes there is no shivering at all. When the pain inclines to one side of the throat, the ear on that side is most commonly affected, for it seldom happens that both are affected at the same time. The inflammation, if it is of a favourable sort, disappears by degrees, but it seldom turns to a mortification, unless the patient has been made to sweat to an immoderate degree, which is too often the case, especially when too hot medicines are given. When the symptoms first make their appearance, the patient should be put upon a regular diet, and his food should be vegetables, or any thing else that is of a cooling and refreshing nature. Bleeding may be repeated two or three times, but not oftener, lest the strength of the patient becomes weakened instead of promoting a cure, which is the principal thing intended.

When the patient is afflicted in the most violent manner, then the following medicines must be taken. Take two ounces of barley washed clean in hot water, and boil it in five pints of clear spring water till the barley bursts and becomes open; add to it near the end of the boiling one drachm and a half of saltpetre,
with

With one ounce of vinegar, and the same quantity of honey, after which let the whole be strained through a linen cloth, and given in a tea cup at a time four times a day. This is one of the most agreeable drinks that can be given; and as to the notion of its being productive of wind, nothing in the world can be more idle. The following medicine will prove equally efficacious.

Take one ounce of melon seed, three ounces of sweet almonds, and bruise them together in a mortar till they are so mixed as not to distinguish the difference; add to them one pint of water poured on gradually from time to time, and then let the whole be strained through a clean linen cloth. Let what remains be bruised together, and three pints of water added to it. A little fine sugar may be then melted into it; and such persons as are of a delicate habit of body may drink a little orange water.

When these medicines become ineffectual, then it will be necessary to give the patient a glister made up according to the following directions.

Pour a pint of water upon as much mallow leaves as can be held between the thumb and two of the fingers, and after it has stood some time, let one ounce of honey be added to it. Let the whole be infused into warm water, and administered in a proper manner to the patient.

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- When the disease is not violent, bathing the legs will be of considerable service, and a glister may be given once a day, according to the former directions, and the following medicine may be given.

- Make a poultice of boiled bread and milk mixed with water, and when it becomes soft let it be applied to the neck or shoulders.

The steam of hot water should be repeated at least four or five times every day while the poultice is kept on, which should not be removed till the patient finds himself in some measure relieved from the extremity of the pain.

Milk, or warm water, are both necessary to be given to the patient, not so much to drink as to keep a little in his mouth, because they contribute towards keeping the throat cool, and removing most of the noxious matter.

Young children are much more liable to this disease than those more advanced in life, but in them it is seldom attended with a fever, nor is there often occasion for any medicines. Balm tea is one of the most useful remedies that can be used by grown persons, and as that can be easily obtained, it becomes the duty of every person to use it, especially as it can never be attended with any dangerous consequences.

C H A P. XXXI.

Of Disorders occasioned by the Heat of the Sun.

THIS disorder, fatal to the inhabitants of many parts of the globe, has been hitherto little known in England; but as we carry on an extensive commerce with most nations in the world, there is no doubt but it will extend itself like all other diseases in general. The people in some of the American provinces have been much afflicted with it: the infection has been communicated to strangers who visited those provinces, and therefore it is necessary that every precaution should be used to prevent its spreading among us.

Those who are much exposed to the heat of the sun are most liable to be afflicted with it; and when some have died suddenly it has been conjectured, that they were struck dead by lightning. The most common symptoms of this disease are, violent pains in the head, a dryness of the skin, a redness of the eyes, with a continual motion of the eyelids, and a great restlessness all over the body. In most cases the patient cannot sleep, although much oppressed with drowsiness. A fever generally ensues,

ensues, with a faintness, and a total disrelish of all sorts of nourishing victuals. The skin of the patient's face appears as it were burnt, and he is so much oppressed with drought that he wishes for any thing of a liquid nature, the pain being so violent that his life is rendered miserable, and every object around him gives him so much uneasiness, that he wishes for rest without the least probability of finding it, either in eating or drinking, or in the company of his friends.

The effects of this disorder, though most commonly felt in its greatest severity by those who live in the country, yet is not wholly confined to them, for it visits the inhabitants of the most populous cities, and particularly those of delicate constitutions, who have not been much accustomed to exercise, and in consequence thereof are apt to abound with the most noxious humours. In such cases where people expose themselves much to the sun, especially when it is in the vigour of heat, the disorder is apt to fly up to the head, and most of the humours are brought together by the force of attraction. The patient is then afflicted with the most excruciating pains of the head and eyes, and though extremely severe, yet it seldom proves dangerous. Strangers, who have not been much accustomed to travelling, are more apt to be afflicted with this disorder

disorder than those who constantly reside in the country, and to such it generally becomes fatal, for there are instances of many of them dying on the spot in an instant as soon as the infection was communicated.

It is extremely dangerous for persons to sleep in the fields, when the heat of the sun is violent; and this is an error into which many have run, merely for want of making a proper use of that reason with which the author of nature has endowed them. If those who in consequence of such an act of imprudence are afflicted with this disease, and are so happy as to be cured, yet that cure itself is only of a partial nature, and they will be afflicted with violent pains both in the head and the different parts of the body as long as they live, and be always subject to great uneasiness.

It often happens that the intense heat of the sun injures the eyes, and perhaps more people are afflicted with blindness on that account than is generally imagined. With respect to the cure of this disease, there is a necessity of setting about it as soon as the symptoms appear, because if it is neglected the consequences may prove fatal to the patient. Bleeding is the first remedy that should be used, and the legs should be bathed in warm water, which in all ordinary cases produce immediate relief. When the disease is attended with symptoms of a dan-

dangerous nature, then the patient should be put into a warm bath, but the water should not be too hot lest it become dangerous, as has often happened. Cooling glisters are necessary to be given from time to time, and they should be composed of common herbs as the most likely to answer the end proposed. He should also drink of the following composition :

Take one ounce of melon seed, and three ounces of sweet almonds, let them be bruised together in a mortar, and add to them in small quantities one pint of water, after which strain the whole through a linen cloth ; add another pint of water to what remains, and when it has been strained a second time, let as much water be added as will make the whole three pints ; after this let the whole be mixed together, and half an ounce of sugar added to it. A glass of this may be taken two or three times a day ; and if the patient is of a delicate constitution, he may mix with it a little orange water, or any thing else of a reviving nature. He should drink it in lemonade, or the juice of tamarinds mixed with a little sugar and water, which may be taken by persons of any constitution whatever.

This drink will be best taken cold, and at the same time cloths dipped in rose water should be applied to the forehead, and the temples should be rubbed with warm vinegar, which

which is generally attended with great success. The cold bath has often been of much service in the cure of this disorder, especially when the symptoms were violent, and therefore it ought always to be used, because it can never be attended with any dangerous effects. There is another drink extremely useful, and as it can be easily prepared, so it may be used without any danger. Pour one pint of boiling water upon three ounces of tamarinds, and when they have stood a minute or two together, let the liquor be strained through a linen cloth, and one glass of it taken every morning.

There is no doubt but those who stand still in the heat of the sun are much more subject to this disorder than those who remove from place to place, and therefore exercise becomes extremely necessary. It is certain that moderate exercise does more towards preserving health than any thing else that can be mentioned, except regularity in eating and drinking. By proper care the human body is able to support itself under most of the disorders to which it is subject; but when irregularity takes place, and the whole frame is discomposed, then there is no reason to doubt but medicines will become necessary, and none will be found more useful than such as have been already recommended, the effects of them being known by long experience.

C H A P. XXXII.

Of the Disorders which require the Assistance of a Surgeon.

THERE are no persons in the world exempted from accidents, and in general most of these happen to those in the lower classes of life, because their labour exposes them more to it than those who are not obliged to undergo the same drudgery. Accidents however are not always of the same nature; some are dangerous, while others are more easily cured; but in some cases it will be found necessary to have recourse for advice to a surgeon, because he alone may be considered as properly qualified to perform the operation.

To mention all the accidents to which men are subject in this life, is as impossible as to foretel the future events of divine providence, which can be known to none but God, who conducts the affairs of this lower world; and therefore under such circumstances we shall mention those of a general nature, under which we may suppose that many others will in the ordinary course of things be comprehended.

We shall therefore without any further remarks, proceed to mention such as are in a
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manner common every day, that is, in one place or another, and at the same time point out how far the assistance of a surgeon is necessary, or where the malady may be removed without soliciting his interposition.

The first accident necessary to be taken notice of is, burns in the flesh, either from fire or water, and both are often attended with the most fatal consequences. When the skin has been but slightly burnt, there will be no necessity for requiring the aid of a surgeon, because the following remedy will remove all the causes of complaint.

Take one ounce of the ointment called nutritum, and add to it the yolk of an egg, and bruise them together in a mortar, add to them three ounces of sweet oil, and half an ounce of vinegar, and let a plaister of it be applied to the wound twice every day.

If the skin is burnt quite through so as to affect the muscles, then the following plaister should be used. Melt four ounces of white wax, and add to it half an ounce of sweet oil; when these are properly mixed, let a linen cloth be dipped in it and applied to the wound. If this has not the desired effect, then they may make use of the following.

Mix four ounces of vinegar with half a pound of red lead, and one pound of oil of roses, let the whole be boiled together till they

are reduced to the consistency of a plaister, and then dissolve the liquid mass into two drachms of camphire, and one ounce and a half of yellow wax; stir the whole about on the fire, and then let it be spread upon pieces of paper, or clean linen, and applied to the wound; but the plaister must be changed twice every day, otherwise it will not perform those necessary operations for which it was originally designed, for by the frequent changes the wound is kept open so as to receive the applications of fresh medicines.

But when the burn is so apparently dangerous that these remedies are not likely to have the desired effect, then bleeding will become necessary, and it will be the duty of the patient to send for a surgeon. If a person has received such an external wound as has injured any of the blood vessels or the nerves, or if the bones are fractured, then there will be an immediate necessity of sending for a surgeon, who alone is able to judge in such cases: but whenever the wound is not affected with any thing of that nature, it may be easily dressed without any such assistance being called for. When the blood does not flow from one particular part of the wound, but from all the parts in general, and only in small drops, it may be suffered to bleed while lint is preparing to stop the wounds;

wounds; and when that is done, then the searcloth composed as above directed should be applied.

Take a clean linen cloth, and dip it into a composition of four ounces of white wax, and half an ounce of sweet oil; let this be applied to the wound after the bleeding has been stopped; let this bandage or dressing be kept on the wound at least twenty-four hours before it is changed; and at the second dressing let the wound be washed clean in order to remove all the impurities. The linen cloth, or lint, or whatever it is upon which the plaister is spread, should be changed at the same time, for nothing can so much conduce towards promoting the recovery of any person whatever as that of cleanliness, and a frequent change of the plaisters that are made use of in the cure of wounds.

When one of the most considerable of these blood vessels has been injured, which will frequently happen, then the following remedy must be used.

Take one handful of the agarick of the oak that has been gathered during the latter end of the summer, and let it be beat so small that it may become extremely pliable. The rind must be thrown away, and the interior part applied to the wound, particularly where the blood vessel has been injured. The wound however ought

at the same time to be covered over with lint or smooth linen, and it should be bound up as tight as the patient can bear. With respect to ointments they cannot be of any service in cases of wounds where the blood vessels have been injured, and all pretensions to the use of them are no better than quackery. Indeed there are many ointments in their own nature pernicious, but they are frequently made use of in consequence of the ignorance of those who have never given themselves the trouble to study what was consistent with their health and interest.

It is too common to apply spirituous liquors as a remedy for external wounds, but nothing in the world can be more improper, except in some extraordinary cases where the assistance of a surgeon becomes extremely necessary. In men who are of a healthy constitution, the most common wounds are soon cured, especially if the patient lives in a regular manner, and neither eats nor drinks any thing that will injure his health or ruin his constitution.

When the wound is but slight and not likely to be attended with any danger, then it will be sufficient to prevent the patient from taking any sort of hot liquors lest they should produce an inflammation; but when there is reason to fear that an inflammation will take place, it will be necessary to keep the patient as warm

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as possible, and no other company should be admitted to visit him but such as will entertain him with the most chearful stories, that his spirits may be kept from sinking into dejection. He should eat the lightest sorts of victuals, especially such as are composed of vegetables, and the greatest part of his drink should be barley-water without any mixture whatever. Bleedings in such cases are often necessary, but they should not be repeated without much caution, and this part of the operation for the most part depends on the skill of the surgeon.

Contusions and bruises are another species of accidents to which the human body is often subject, and they are occasioned by sudden strokes which the patient had no reason to expect; when a person receives a contusion in his body, either the blood vessels are broken, or by the force of the stroke they are prevented from performing their proper operations. In all such cases if nature assisted by art becomes too weak to repel the force of the disorder, then an inflammation is sure to take place, by which the whole frame is discomposed, and this is the reason why so many persons die suddenly of bruises or falls.

There have been many remedies prescribed for bruises and contusions, whether external or internal. When the contusion is only slight, then it will be necessary to mix half a pint of

warm vinegar with a double quantity of water, and when it has stood about two hours let warm linen cloths be dipped into it, and applied to the bruise every two hours. The following medicine has often been used with great success.

Take as much of elder-flowers as you can hold between the thumb and two of the fingers, and mix with them four ounces of crumbs of bread; add to these the same quantity of camomile flowers, and St. John's wort. Boil these together, and let poultices of them be applied, mixed with water and vinegar.

Another of these disorders is ulcers, and these arise from a variety of causes. Sometimes they are the effects of wounds, and on other occasions they are internal, so that their causes cannot be easily distinguished. When ulcers have been of a long continuance they prey upon the patient, and throw him into a slow fever, which too often ends in a consumption. But even in such cases ulcers should not be dried up, but purging should be used in order to keep the body open. Sudden deaths have often been occasioned in consequence of drying up ulcers, and therefore to forward the cure the patient should abstain from all sorts of salted provisions, and his drink should be whey, or wine and water mixed

mixed in such a manner as not to become too inflammatory.

The next disorder to be treated of under this head is frozen limbs, the necessary effects of cold in winter. Many persons are in consequence of the nature of their employments obliged to be out in the fields during the severity of winter, and sometimes their limbs become so numbed that they are not able to make use of them. When the patient thus afflicted seeks for ease, he attempts to walk about the room, but intolerable pains are most commonly the consequences, and then there are few other methods by which his life can be saved besides that of an amputation. In cases of this nature, the first remedy to be used is to remove the patient into an apartment where there is a moderate degree of heat, and there to apply snow to the parts affected. The snow must be rubbed upon the skin in the most gentle manner, and then the patient may be removed to warmer lodgings, and the following medicine may be given him. Take of elder-flowers as much as you can hold between the thumb and two of the fingers, and half the same quantity of leaves of hyssop. Pour upon them three pints of boiling water, strain the whole through a clean linnen cloth, and add to it three ounces of honey, and let three cups of it be taken every day. The most fatal conse-

quence attending this disorder is the being too long exposed to the cold, and in many cases of that nature it proves mortal, and therefore nothing is more necessary than to make use of such medicines as have at all times been prescribed for remedies in such cases, and nothing can be better than the use of healthy and proper exercises, and regular and proper diet.

Ruptures are one of those disorders to which the human body is often subject, and the vulgar have in general ascribed them to a variety of causes, some of which are true and some false. All ages are subject to this disorder, the young and the old become equally afflicted with it, but the consequences are often different. All ruptures are owing to weakness, and therefore nothing can be more necessary than the use of the bandage. These bandages should be changed from time to time, and if every day so much the better. Ruptures are more common in men than in women, but these things with respect to the difference have been but little attended to. The first and indeed the most certain symptoms of the rupture are costiveness and a violent pain in the bowels, which becomes extremely troublesome. In such cases the patient should be bled without any delay, and the bleeding may be repeated next day if it does not prove sufficient
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at first. At the same time it will be necessary to give the patient a glyster composed of a strong decoction of the large white beech leaves, with half an ounce of common salt, and the same quantity of fresh butter. It will be necessary at the same time to apply to the parts affected linen dipped in warm water, and renewed every quarter of an hour. This remedy has been often attended with the most beneficial consequences, especially when immediately applied, but if the symptoms have continued above twelve hours then it will be necessary to make use of flannel dipped in a warm decoction of elder-flowers.

Boils are a disorder to which many persons are subject, and they are both painful and nauseous, because they are of an inflammatory nature, and prevent the patient from enjoying sleep. When the symptoms begin to appear, the most cooling food should be given to the patient, particularly vegetables, and it will be necessary to give him a glyster. His drink should be as light and cooling as his victuals, and nothing will be better than the following composition.

Take two ounces of common barley, and wash it in hot water, after which let the water be thrown away; then let the barley be boiled in five pints of water till it bursts, and then add to it one drachm and a half of saltpetre;

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strain the liquor through a clean linen cloth, and then add to it one ounce and a half of honey, and one ounce of vinegar: this makes an agreeable drink, and where barley cannot be had oats may be substituted in its place.

When the inflammation is great, a poultice of bread and milk must be used; but when the pain is moderate that will not be necessary, it being much better to leave it to the ordinary workings of nature. When the boil breaks, on which it always discharges a variety of putrid matter, the pain goes gradually off, and the swelling disappears at the end of a few days, and then the following medicine must be used.

Take half a pound of red lead, one pound of oil of roses, and four ounces of vinegar, boil them together till they are reduced to the consistence of a plaister, and then dissolve in the liquid mass one ounce and a half of white wax, with two drachms of camphire, stirring the whole together till they are properly mixed; let it then be taken from the fire, and spread on small slips of paper according to the size of the boil.

Whitlows, or felons, another external disorder, is much more dangerous than generally imagined. It is an inflammation at the end of the finger, and often happens in consequence of a bruise, a sting, or a bite, and sometimes
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is the effect of corrupted humours in the internal parts of the body. Although it is most commonly peculiar to the ends of the fingers, yet it often affects other parts of the body, but the nature of the malady is always the same, and requires the same sorts of remedies.

The first symptoms of this disorder are slow heavy pains, without heat, redness or swelling; but soon afterwards the heat becomes intolerable, the part affected becomes large, and the fingers next adjoining swell exceedingly. Sometimes the whole arm is inflamed, and the pain becomes so violent that the patient is totally deprived of sleep. When the disorder arises to such a height, the patient, as in all cases of inflammation, must be put upon a regular cooling diet: but if there is a fever attended with a delirium, then it will be necessary for him to be bled, because that contributes towards keeping the body cool and in a regular frame.

In order to procure a discharge of the corrupted matter, the part affected should be dipped in water as warm as the patient can bear; but when the pain becomes extremely severe, a decoction must be made of mallow flowers boiled in milk mixed with a little bread, and if a few white lilly roots, with a little honey, are added it will be much better. When there is a necessity for making an incision in
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order to open the wound to let out the putrid matter; then the same plaister must be used as has been already prescribed in the case of boils: and in order to prevent a mortification, one ounce of the Jesuits bark must be divided into sixteen equal parts, and one drachm taken every two hours.

Warts, to which many persons are subject, are sometimes owing to a particular fault in the blood, which is seldom known but by their effects. Children are often afflicted with them, but those in more advanced years are not exempted from them, especially such as feed much on milk, or meats in which a considerable quantity of milk has been mixed. In order to remove them the diet should be gradually changed, and the patient should take a pill composed of the following materials.

Take six drachms of Castile soap, one drachm and a half of the extract of dandelion, half a drachm of gum-ammoniacum; mix the whole with syrup of maiden hair, and make up the mass into pills of three grains each, one of which must be taken in the morning, and the other in the evening. There are several other remedies that might to be used with success in order to remove warts, but they must be taken with much caution. A silk thread rubbed over with wax may be tied round them, or the dead parts may be cut off from time to time, only that the person who performs the
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operation must take care not to make the incision too deep.

Some persons have imagined that wens are of the same nature with warts, but that notion does not seem to be well founded, for wens are never cured unless they are cut off, and that cannot be done by any but the most skilful surgeons.

Corns, the last of the external diseases that come under this head, are most commonly occasioned by shoes too hard and contracted; and nothing can be more proper towards eradicating them than soaking the feet in warm water, and then cutting them gently off with a pen-knife or scissars, always taking care not to proceed too far, so as to injure the parts affected. The patient may likewise apply to the corns a little houseleek and ground-ivy dipped in vinegar; but when these things cannot be procured, he may put upon them a small plaister of diachylon, or of gum-ammoniacum mixed with vinegar: but nothing so much contributes towards eradicating and preventing the return of corns as avoiding the causes by which they were produced, for this reason, let the person afflicted with them wear light easy shoes made of the softest leather that can be procured, so as to give the foot proper liberty to extend itself, and then he will in a great measure be relieved from those pains which many by their imprudence are afflicted with.

C H A P. XXXIII.

Of Consumptions.

IT is remarkable that consumptions are more frequent in England than in any other country in the world, and that must be owing to our extensive commerce, the source of riches and the foundation of luxury. The inhabitants of England are the richest in the world, more animal food and strong liquors are consumed by them than by those of France, Spain, Germany, Italy, &c. and as luxury naturally leads to a sedentary life, which brings on many diseases, so these commonly end in consumptions, and they sooner or later put an end to the human frame. The frequent changes of the weather is another cause of consumptions; to which may be added the promiscuous and unlimited use of unlawful pleasure, to which too many are in an immoderate degree addicted.

Those who reside in large towns, or cities, are more subject to consumptions than such as live in the country, because they seldom enjoy a proper share of exercise; for it is remarkable that large societies of people residing together

gether spend much of their time in public houses, instead of taking a walk to the country for the benefit of fresh air, and to keep the body in a proper temperament.

Sometimes consumptions are caught by infection; when a healthy person lays with one who is diseased, and therefore such a practice should be carefully avoided, because it may injure a person in health without being of any service to the patient. Those workmen who lean much forward upon their stomachs frequently die of consumptions, and so do those who by singing or any other violent exertion of the voice strain the lungs beyond their proper strength. The symptoms by which consumptions are first known are very weak and imperceptible in the beginning, but they gather strength as they go on, and the most melancholy circumstance is that they are seldom discovered till it is too late to make use of proper remedies. An inclination to vomit after eating is one of the first symptoms of a consumption, and that is generally attended with a dry cough, an universal heat in the stomach, and something like an oppression on the breast. He is apt to be dejected in his spirits, and his pulse is soft and quick. Sometimes he emits by spitting putrid blood, or a corrupted matter of a greenish colour. His fingers become remarkably small, his eyes appear as sunk in his head,

head, there is a coldness in the extremities, a total loss of strength ensues, and his dissolution approaches while at the same time he has no thoughts of death, but daily promises himself a speedy recovery. When these symptoms, or any of them, first appear, the patient should change his lodgings if he lives in a large city, and make use of proper exercise in a country village, where he can enjoy the benefit of fresh air. Riding on horseback will be of great service to him, and if his strength is not too much impaired, he ought to go on a long journey, because the variety of objects that will present themselves to his view, will divert his attention from the state of his body, and contribute towards keeping his mind in a cheerful frame. He must, however, take care that he does not catch cold by wet sheets, or sitting in damp rooms, and he should ride out before dinner, because that will create an appetite, whereas if he leaves it till afternoon it may become prejudicial, instead of promoting his recovery. The same advantages will attend a voyage at sea, and many beneficial consequences have been reaped from such a practice, but then he must take care to carry along with him a sufficient quantity of fresh provisions, such as live poultry, or such other things as can be kept on board a ship.

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When the patient is too weak to undertake a voyage by sea, he ought to live as much as possible on milk and vegetables, especially such as are of a cooling nature, for such things have seldom failed of promoting the desired success. There is nothing more common than for consumptive persons to drink asses milk, but that will not always promote a cure, for it suits some constitutions, while it proves destructive to others. Sometimes asses milk will bring on a purging, and when that happens, the milk should be mixed with conserve of roses, or the powder of crabs claws. All sorts of milk are less or more beneficial in the cure of consumptions, and indeed there seems to be nothing so proper for restoring decayed nature. Great benefits have arisen from the use of butter milk, and cows milk may be easily obtained in any part of the kingdom. When it happens that cows milk does not digest easily on the stomach, then let a small glass of rum be mixed with it along with a little sugar. It is necessary to observe in this place, that although a change of the diet is here prescribed, yet it must not be left off too soon, but only by degrees, for in all sudden transactions from one sort of diet to another, danger is to be apprehended, and the patient instead of receiving any benefit may become much worse than before,

It will be sometimes necessary that the patient's strength should be supported by jellies, strong broths, and other things of a similar nature, and in many cases shell fish, particularly oysters, are of great service, but the oysters ought always to be eaten raw. It is extremely necessary that all those who attend the patient, should endeavour to keep his mind as chearful as possible, for melancholy or a dejection of spirits is one of the causes which aggravates a consumption, and prevents the means from having a proper effect. Cheerful company, and music, are both extremely useful, and great care should be taken that the patient is not left alone, because that leads to dejection of spirits, which is sure to be attended with the most fatal consequences. Of all the diseases to which the human frame is subject, there is none that requires a greater regularity of living than the first symptoms of a consumption, for if a proper regimen is at first observed, and moderate exercise taken, the health of the patient may be restored, but medicines in many other cases will be altogether necessary. It is, however, proper that some of these medicines commonly prescribed in this case should be mentioned, and therefore we shall here point them out as they have occurred in the ordinary course of practice.

Bleeding

Bleeding is extremely necessary when the cough makes its first appearance, but great care must be had lest too much blood be taken from the patient, because that will contribute towards weakening the constitution. When bleeding fails it will be necessary to make use of the following medicine. Take of powdered cardamom seeds one quarter of an ounce, and the same quantity of fresh squills and gum-ammoniac; let these be beaten together in a mortar, and made up into pills of a moderate size, four or five of which must be taken every day according to the state of the patients stomach, for it will often happen that one person will be able to take them with more ease than another, and therefore in all such cases recourse must be had to prudence, which is the most essential thing in the administering of any medicines whatever.

There are some other medicines that may be used with equal success, particularly the following composition. Take four ounces of lemon juice, and add to it the same quantity of sugar candy and fine honey; let these be simmered together in a saucepan over a slow fire, and when it is cool let a table spoonful of it be given to the patient when the cough is troublesome.

It is a frequent custom to give the patient oily medicines in this stage of the disorder, but nothing proves more hurtful, because such things

things contribute towards confirming the cough, instead of removing it. All sorts of acids are extremely beneficial, because they tend towards quelling the patients thirst, and cooling his blood. Many have received great benefit from eating apples and sucking lemons, and therefore it will be necessary to use a few of them every day.

It is likewise proper to attend to what the patient uses as his common drink, and from experience it appears that nothing can be more useful towards promoting his recovery, and restoring him to a proper state of health, than the juice of bitter plants, such as ground ivy, water trefoil, camomile flowers, and centuary, which may be drank at any time whether day or night. These medicines strengthen the stomach, rectify the blood let it be ever so much corrupted, promote digestion, quench the thirst, and upon the whole contribute towards keeping the body in a proper state of temperament. But if he spits blood, then it will be proper for him to make use of the following medicine. Take of camomile flowers one ounce, of elder flowers and sweet fennel roots, half an ounce each, let these be boiled in two quarts of water, and then let the liquor be strained through a clean linen cloth, and a cupful of it given to the patient twice every day.

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The conserve of roses is another medicine that may be used with great success, and it may be either put into the decoction above mentioned or taken by itself, but unless it is taken in large quantities there is no reason to expect much benefit from it: three or four ounces should be taken every day, especially where there is a spitting of blood, because it contributes towards healing the interior parts of the body, and often gives the patient ease when all other remedies fail. It sometimes happens, that the spitting arises from an imposthume being formed in the lungs, and in such cases it will be necessary to give him a little of the jesuits bark in the following manner. Let one ounce of the bark be reduced to fine powder, and divided into twenty doses, one of which must be taken every three hours in the day in camomile tea, or any thing else that is used as in ordinary drink. It will sometimes happen, that the bark will occasion a purging, and in such cases the following rule must be attended to. Take one quarter of a pound of old conserve of roses, add to it one ounce of jesuits bark finely powdered into half a pint of water, and when it has stood twenty four hours let the liquor be strained through a linen cloth, and a tea-cup full taken two or three times a day. When the imposthume is in the breast, and the patient cannot

cannot spit so as to throw up the corrupted matter, it will be necessary that he should draw in the steams of boiling water impregnated with vinegar. When the imposthume breaks inwardly, and the patient has not strength to discharge the putrid matter, it generally proves fatal to him, but there are many instances to the contrary, especially where the breathing becomes easy, for in all such cases there is great reason to hope for a cure.

Such is the nature of consumptions in general, but there is one species not yet mentioned, namely nervous ones, by which many have lost their lives without so much as considering that they were in any danger.

The first symptoms of a nervous consumption are, the want of appetite, a slow digestion, a weakness over the whole body, a difficulty of breathing, attended with a fever and a cough. It frequently attacks those who are of a fretful temper, and such as indulge themselves in the use of spirituous liquors, than which nothing more can contribute towards the destruction of the human frame.

When there is reason to believe that a consumption arises from a disorder in the nerves, it will be necessary for the patient to make use of moderate exercise, and eat such food as is light and nourishing. He may take twice a day
twenty

twenty drops of vitriol in a glass of wine or water, or he may take the following medicine.

Mix with two ounces of filings of iron, cinnamon and mace two drachms each; infuse these into two pints of rhenish wines, where they must remain four weeks, after which let the liquor be strained through a cloth into a vessel, and when it has stood a day let it be given to the patient in tea-cupfulls mornings and evenings.

After all that has been said under this head, there is nothing in the world can contribute so much towards preventing consumptions as sobriety, and the practice of virtue. The wise man says concerning wisdom, that length of days are in her right hand, and in her left hand riches and honour; but still we may freely assert, that where virtue takes place in the mind, and regulates the whole of the conduct in life, few will die of consumptions, unless the causes are of such a latent nature as not to be discovered by a human eye.

C H A P. XXXIV.

Of different Sorts of Poisons.

ALL ranks of people are more or less subject to be afflicted with the effects of poisons, because they are so extremely numerous that the names of many of them are scarce known. It is a vulgar notion too much prevalent, that one poison is eradicated by another, but nothing can be more false, for we might as reasonably believe that fire would be extinguished in consequence of our adding fuel to it.

When a person receives poison by the mouth, it soon occasions a severe sickness on the stomach, and therefore common sense points out that it should be discharged by vomits, nor should any time be lost, for the experiment ought to be tried as soon as possible. There are three sorts of poisons, which must be treated of under different heads, namely, mineral, vegetable, and animal.

Arsenic is the most common mineral which conveys poison to the stomach, and none is more dangerous. It has been often given for the worst of all purposes, namely, to deprive a
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fellow creature of life, and therefore those who dispose of it ought to be extremely cautious, lest they by acting imprudently become accessaries to murder.

The first symptoms of a persons having taken arsenic is a burning heat on the stomach, and a violent pain in the bowels, with a great thirst and a strong inclination to vomit, and if proper remedies are not soon administered, the whole body will become so much disordered that there will be little reason to expect any benefit from all the means that can be tried, for death generally succeeds in a short time, and puts an end to his existence, under the most excruciating tortures. New milk should be drank when the first symptoms appear, and in order to make him vomit he should take large draughts of warm water mixed with sallad oil. Broths made of fat mutton will be of great service, but he must continue drinking warm water and oil, or melted butter where oil cannot be had, till the inclination to vomiting begins to subside. Nay it is absolutely necessary that he should drink as long as any of the poisonous matter remains on the stomach. When the patient does not vomit freely by the use of the medicines already prescribed, it will be necessary to give him two scruples of the powder of ipecacuanha, or the inside of the throat may

be tickled with a feather. If these methods, which have been universally practiced, should all fail of the desired success, then it will be necessary to give him five or six grains of emetic tartar.

When it happens that the poison gets down into the belly, glysters of oil and milk must be given, and he must drink decoctions of oatmeal, barley, or marshmallows, either of which will be equally serviceable, so that the first that can be procured may be used. When there is reason to hope that the poison has been wholly eradicated, it will be necessary to put the patient upon a proper regimen with respect to his diet, and therefore he should eat such things as are a healing and cooling nature, such as broth, vegetables, and plain puddings; and he should drink linseed tea, or barley water.

The next sort of poisons to be mentioned are those which we call vegetive, but they are seldom so dangerous in their consequences, or so difficult to be eradicated as mineral ones. It is common to give opium to those who have eaten vegetables of a poisonous nature, but this is a most dangerous experiment, nor should any person take opium unless it be by the advice of a physician.

The most common symptoms of vegetable poisons are stupidity in the head, and a strong inclination

inclination to sleep, so that it is scarce possible to keep the patient awake, nor is he able, except at intervals, to speak as a rational creature. In all such cases it will be necessary to apply blistering plaisters to the legs and arms, and hartshorn drops should be held under his nose. A little blood may be taken, and he should drink warm water mixed with oil, or melted butter, till such time as he imagines the poison is brought off from the stomach. When the poison has been once eradicated, and the patient finds himself weak, which is often the case, he should eat vegetables, and his drink should be barley-water, or any thing else of a cooling nature, and a glass of wine may be given him in order to keep him in a chearful frame of mind.

With respect to animal poisons we have already taken notice of the bite of a mad dog, which of all others is the most dangerous, but there are many other animals have it in their power to convey poison to the human frame, such as toads, snakes, and other reptiles peculiar to this country; for as to the rattle snake in America, and many other creatures in different parts of the world, we are not in the least concerned with them.

It was a common practice among the ancients, for a person to suck out the poisonous matter from the wound that had been made

by an animal or reptile, and this was extremely natural, because no dangerous consequences could take place, where the person who sucked out the poison took care to wash his mouth with warm water.

When a person has been stung by bees or wasps, it will be necessary to apply a mixture of venice treacle and vinegar, but still there is a much better remedy, namely, to rub the part affected with sallad oil. When there is reason to apprehend any danger from the number of stings, it will be necessary to apply poultices to the wound, and the patient should drink plentifully of barley-water, or any other sorts of cooling liquor. In all cases of this nature nothing can be more beneficial than to keep the patient in a chearful frame of mind, and the best methods to be used are to tell him agreeable stories, so as to make him forget that he labours under any state of affliction.

C H A P. XXXV.

*Directions concerning the proper Treatment of
Persons apparently dead by Drowning.*

THE benevolent society lately established for the recovery of persons apparently dead by drowning, is one of the greatest honours to the present age, and it is to be hoped that it will be adopted by every city and town in the kingdom, where a sufficient number of gentlemen of humanity and affluence can be found to support it. It will, however, happen that accidents may take place in remote parts where immediate assistance will be wanted; and to point out the proper means to save the lives of our fellow creatures, under such circumstances, shall be the subject matter of the present chapter.

It is not certainly known how long a person may remain under water before he is totally deprived of life, for that will in most instances depend on the strength of his constitution, and many other circumstances which cannot be attended to. Some have died before they were

ten minutes under water, and others have been recovered after a much longer period of time ; but where there is the least reason to hope, it is the duty of every one to make use of the proper means, because they have been often attended with great advantages.

When the person has been taken out of the water, which should be done with as much care as possible lest his body should be further injured, all his wet cloaths should be stripped off, and his body rubbed with dry coarse linen, and this should be continued after he is put into a warm bed. When there appears any signs of life, it will be necessary to get a strong healthy person to breath his own warm breath into the patients lungs, or the fumes of tobacco may be blown out of a funnel into the mouth, while the nostrils are kept shut. This serves to disengage the air from the water in the lungs, and if any life remains in the patient, the circulation of the blood will immediately begin to return. If a surgeon, or any other person acquainted with bleeding is at hand, or can be procured in proper time, he must take ten or twelve ounces of blood from the jugular vein, or any other vein in the neck. This method of bleeding is on many accounts extremely serviceable, for it renews the circulation that had been stopped or interrupted by the suffocation. To this it may be added, that
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the veins in the feet will not bleed at that time, nor will those of the arms, except in some very particular cases; but the jugulars are sure to bleed, especially when there is the least reason to hope for the recovery of the patient.

At the same time it will be necessary to hold under the patients nose the fumes of dried herbs, such as marjoram, mint, rue, sage, rosemary, &c. but all these must be used after the bleeding is over, because in such cases they will prove most efficacious, and bid fair towards promoting a certain recovery if there are the least signs of life. If no signs of life begin to appear, then no sorts of liquids should be poured into his mouth, because it would contribute towards promoting the suffocation. But when any symptoms of life begin to appear, he should take within the space of one hour four or five common spoonfuls of oxymel of squills diluted with warm water. Where that cannot be had, sage or camomile flowers mixed with honey will answer the same purpose; but if it should happen that none of these can be had, then it will be necessary to give him warm water mixed with a little salt. It is not enough when the patient begins to discover some signs of life, that those who attend him should immediately desist from the practice of the rules here laid down, for many have expired for the want
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of perseverance in the use of the proper means. It is therefore necessary that barley-water and tea of elder flowers should be given him in small quantities as soon as he begins to recover, because that will remove the oppression that fastens on his lungs.

It was common in former times to hang the patient up by the feet, but such a practice is liable to be attended with great danger, and therefore it ought to be wholly discontinued; for the froth, or foam, which is one of the causes of their death, is too thick and tough to be discharged by its own weight while the body is extended in this manner. It is certain that water has sometimes been found in the stomachs of drowned persons, and at other times none at all, and therefore it may be concluded that water itself did not produce their death, nor can it be conceived how drowned persons can swallow water. It is suffocation, and the want of air, that proves mortal to them; for it has seldom happened that any more water was found in their stomachs, than what was necessary in order to support the animal frame. The water and the air blend themselves together, and form an inactive kind of froth, which destroys the functions of the lungs, and the unfortunate person is not only suffocated, but the return of the blood to the head being intercepted, an apoplexy ensues. Upon the
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the whole it should be observed, that when drowned persons are first taken out of the water they should not be carried with their heads downward, and the above mentioned remedies should be applied as soon as possibly they can, otherwise there will remain but little hopes of a recovery.



C H A P. XXXVI.

Of Infection.

IT is certainly necessary that we should visit such of our friends as are confined to a sick bed; it is a well meant act of benevolence and humanity, yet it has often been attended with fatal consequences to those, who by their impertinent curiosity, or mistaken friendship, have forgot the duty they owed to themselves, while at the same time they could not be of any service to their neighbour. The greatest number of the diseases to which the human body is subject, are in their own nature infectious, and therefore we cannot be too much
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upon our guard. When people in the country are afflicted with sickness, their bed chambers are generally crowded with such visitors as have no business there, and it is common for young persons, who of all others should endeavour to avoid the infection, to sit up all night with the patient in their turn. It would be next to a miracle if such persons should escape the infection, and therefore it often happens that when one or two persons are afflicted with fevers and other disorders, that before they have been restored to health one half of the inhabitants in the neighbourhood have caught the disorder, and communicated it from one to another, so that it has been looked upon as something supernatural, or in the same light with what is commonly called the plague.

There are many means by which the infection may be communicated, amongst which the following are the most common. First, The going too near the bed of the sick person; because the violence of the disease sends forth the steam of the breath much further than while he was in a state of health. Secondly, The crowding into the room where the dead body is laid, previous to its interment.—It is certain that the infection often remains after the patient is dead, and sometimes it gathers strength in consequence of the putrid state of the body. Thirdly, There are many diseases brought

brought into this kingdom in consequence of our extensive commerce; and it is much to be lamented that the goods imported into this country are not more strictly examined than they commonly are. Fourthly, Many diseases are communicated by cloaths, and therefore there is scarce any thing more dangerous than to purchase them without first making a proper enquiry into the state and condition of the person who formerly wore them. Lastly, Gaols are places from whence there is great reason to expect infections, for the numbers of unhappy wretches crouded together must cause a foulness of air, and therefore it is the duty of magistrates to take care to keep prisons as clean as possible.

Many persons from motives of idle curiosity go frequently to visit prisons, without having it in their power to do any thing to serve the unhappy criminal; but although they could not help them, it has often proved fatal to themselves, and the infection has been frequently communicated to their innocent neighbours. With respect to those who live in populous cities, where the streets and lanes are very narrow, so as to prevent the circulation of fresh air, they should walk out into the fields as often as they have an opportunity, and they should take great care that their houses are kept clean. With respect to nurses who wait
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on the sick, they ought to keep constantly in their noses some rue, tansey, or if they can bear it the leaves of tobacco. The room in which the patient lays should be sprinkled every day with boiling vinegar, and the nurses should never go into company till they have changed their cloaths, and washed their hands, lest they carry along with them the infection. Nay there have been many cases where the physician by his own imprudence has caught the infection in consequence of sitting too long on the patient's bed ; and thus while he was discharging his duty he was at the same time by want of prudence doing an injury to himself, and carrying the disease along with him to others, who would receive it without knowing from whence it came.

Air, as well as water, is of great service to the human frame, and wherever great numbers of people are crowded together into one place, so as to prevent a free circulation of the air, there is great reason to fear that it will become infectious. It is owing to this that too many persons faint, and become sick when they are crowded up in churches or other populous assemblies. There is a most wretched custom that has long taken place in this country, and it seems to be the effect of superstition, namely, that of having church yards, or burying places, in the most central parts of populous cities.

But

But the superstition has been carried still further, and many bury the dead in churches, where the air at the best is seldom good, for churches are not frequently open above once in a week. In China, consistent with the practice of all ancient nations, dead bodies are deposited in fields some miles from the towns and cities; but there is little reason to hope that this will take place in our country till the legislative power has interposed to put a stop to such a prevailing abuse. Those who go into churches would do well to keep some herbs, such as sage or rue, in their nostrils, because by such a practice they would in a great measure prevent the spreading of the infection; for in all cases of that nature it is much better to prevent diseases, than to be at the trouble of curing them.

F I N I S.

ERRATA.

The Reader will be pleased to observe, that Chapter XI. should have been printed IX. and the rest follow in course.

